Food of The World - China & India

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The best food recipes from China & India.

Chinese Meat Dishes



Chicken with Mangos

Serves 4 - 6 people.

Ingredients

All Ingredients should be prepared before you start cooking this will save time and make cooking the dish easier and more enjoyable.

- **1 cup (250ml) all-purpose flour**
- **1 3/4 cups (430ml) water**
- **1/2 (2ml) teaspoon salt**
- **1/4 (1ml)teaspoon baking powder**
- **3 whole chicken breasts**
- **1 piece fresh ginger root (2x1 inches or 5x2.5 cm)**
- **8 green onions**
- **1 can (15 ounces or 425g) mangoes**
- **3 cups (750ml) vegetable oil**
- **3 tablespoons (45ml) white vinegar**
- **3 tablespoons (45ml) dry sherry**
- **4 teaspoons (20ml) soy sauce**
- **2 teaspoons (10ml) sugar**
- **2 teaspoons (10ml) corn-starch**
- **2 teaspoons (10ml) instant chicken bouillon granules**
- **1 teaspoon (5ml) sesame oil**

Directions

1. **Combine flour, 1 cup (250ml) of the water, the salt and baking powder in a medium size bowl. Beat with whisk until blended. Let stand 15 minutes.**
2. **Cut skinless and boneless chicken into 1/4 inch (1 cm) wide strips. Mix them into flour mixture.**
3. **Cut ginger into wafer-thin slices. Cut onions into 1/2 inch (1.5cm) pieces. Drain mangoes and cut into 1/2 inch wide (1.5cm) strips.**
4. **Heat vegetable oil in wok over high heat until it reaches 375F (190C). Add**

chicken, one strip at a time. Cook until golden, in about 3 to 5 minutes.
5. Leave about 1 tablespoon (15ml) oil in the wok. Reduce heat to medium. Add ginger to oil in wok. Stir-fry until ginger is light brown.
6. Combine remaining 3/4 cup (180ml) water, the vinegar, sherry, soy sauce, sugar, cornstarch, bouillon and sesame oil. Carefully add to ginger all at once. Cook and stir until mixture boils. Add onions. Reduce heat and simmer 3 minutes.
7. Mix chicken and mangoes into soy sauce mixture. Cook and stir 2 minutes. Serve immediately.

Sesame Chicken Salad

4 servings.

Ingredients

All Ingredients should be prepared before you start cooking this will save time and make cooking the dish easier and more enjoyable.

- 1 tablespoon (15ml) sesame seeds
- 3 whole chicken breasts
- 6 cups (1.5l) water
- 2 tablespoons (30ml) soy sauce
- 1/2 teaspoon (2ml) salt
- 1/2 teaspoon (2ml) fivespice powder
- 3 stalks celery
- 1 tablespoon (15ml) sesame oil
- 1 tablespoon (15ml) vegetable oil
- 1/4 teaspoon (1ml) ground ginger
- 1/8 teaspoon (0.5ml) pepper

Directions

1. Sprinkle sesame seeds into small, shallow baking pan or cookie sheet with sides. Bake in preheated oven at 350F (180C) for 5 to 8 minutes, or until golden.
2. Combine chicken, water, 1 tablespoon (15ml) soy sauce, salt and five spice powder in 3 or 4-quart (3 or 4 liter) saucepan. Cover and cook over high heat until water boils. Reduce heat and simmer 15 to 20 minutes. Remove from heat. Let chicken stand in water for 1 hour
3. Remove chicken from water (reserve water) and drain. Remove and discard chicken bones. Cut meat into 1/2 inch (1.5cm) wide slices.

4. Cut celery into diagonal slices. Heat reserved water over high heat until it boils. Add celery and cook until crisp-tender, 1 to 2 minutes. Drain celery well.
5. Combine remaining 1 tablespoon (15ml) soy sauce with oils, ginger and pepper in large bowl. Add chicken and celery. Toss until completely combined. Transfer mixture to serving dish. Sprinkle with sesame seeds.



Chinese Garlic Chicken

Ingredients



- 4 boneless, skinless chicken breast halves (about 1 lb.)
- 1 egg white
- 1 Tablespoon cornstarch
- 1 Tablespoon dry white wine or sherry
- 4 green onions
- 1 teaspoon minced gingerroot
- 3 teaspoons minced fresh garlic (about 6 medium cloves)
- 2 Tablespoons vegetable oil
- 4 monkey tails (optional)
- Hot cooked rice

Sauce

- 1 teaspoon crushed chili paste (or more, to taste)
- 2 teaspoons sugar
- 1 teaspoon cornstarch
- 2 teaspoons rice vinegar
- 1 Tablespoon water
- 2 Tablespoons dry white wine or sherry
- 2 Tablespoons soy sauce

Directions

Place chicken breasts in freezer for 1 to 2 hours or until very firm but not frozen solid. Slice crosswise into thin shreds. In small bowl, lightly beat egg white, then mix in 1 TBS cornstach and 1 TBS wine, stirring until cornstarch is dissolved. Add chicken and mix well to coat all pieces. Let stand at room temperature 30 minutes.

Meanwhile, slice green onions on the diagonal into very thin slices. Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir-fry chicken until no longer pink. Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not brown. Return chicken to wok, restir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly. Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice.

Chinese Steamed Buns with Barbecued Pork Filling

(Char Siu Bao)



24 Buns

Ingredients

2 tablespoons oil
1 scallion, chopped fine
1 clove garlic, chopped fine
1/2 pound barbecued pork cut into small cubes
2 tablespoons light soy sauce
2 tablespoons oyster sauce
1 tablespoon sugar
1 tablespoon cornstarch, dissolved in 2 tablespoons water or chicken stock

Directions

1. **Follow Basic Bun recipe through step 3.**
2. **Heat 2 tablespoons oil in wok. Stir fry scallion and garlic 30 seconds. Add pork. Stir fry 1 minute. Add soy sauce, oyster sauce, and sugar.**
3. **Pour in dissolved cornstarch. Stir fry quickly until pork is glazed. Remove to bowl and allow to cool.**
4. **On a floured board, knead dough 1 minute and roll into one long, sausage-like roll 2 inches in diameter.**
5. **Slice the roll crosswise into 1 inch pieces.**
6. **Flatten each piece with the palm of your hand and roll with rolling pin into 3 inch rounds.**
7. **Place 2 tablespoons of filling in center of each round.**
8. **Gather dough up around the filling by pleating along the edges. Bring the pleats up and twist securely and firmly.**
9. **Place each bun on 2 inch square of aluminum foil on steamer tray. Cover with a towel. Let rise 1 hour, until dough springs back when touched with finger. Remove towel.**
10. **Steam over briskly boiling water 10 minutes.**

May be prepared in advance. May be frozen. Thaw out in plastic bag and resteam 10 minutes.

Fish Balls

Yield: 1 Servings

Ingredients

- **2 c Potatoes; chopped fine**
- **1 c Cod; flaked**
- **1 tb Butter**
- **Pepper to taste**
- **1 Egg, beaten**
- **Plenty of lard; smoking hot**
- **Fried Bacon; optional**

Directions

Cook fish and potatoes till tender. Mash very thoroughly until every lump is gone. Add butter, pepper and egg and beat till the whole is light and creamy. Take up, a little at a time, with a spoon dipped in hot fat (prevents sticking) and drop into hot lard. Cook til golden brown. If the lard is the right heat this will not take more than a minute. Drain well and serve with crispy fried bacon. (Or without it).

Zongzi
(Rice Dumplings in Bamboo Leaves)

Makes 20 dumplings

Ingredients

- **20 strings (for binding the zong zi packaging)**
- **40 large bamboo leaves**
- **1 kg of Glutinous Rice**
- **2 kg of tender, fatty pork, sliced into 1 inch cubes**
- **10 Salted Duck's Egg yolk**
- **40 Small Dried Black Mushrooms**
- **20 Dried Chestnuts**
- **10 Cloves of Scallions cut up**
- **1/2 kg of Dried Radish cut up very finely**
- **5 Cloves of Garlic**
- **100 g small Dried Shrimp.**
- **200 g Shelled Peanuts (with skins)**
- **Cooking oil**
- **Fine Ground Black Pepper**
- **Star Anise**

Directions

Soak the rice for three hours.
Boil peanuts until tender (30 – 1 hour).
Stew the meat and the chestnuts together for 30 minutes to 1 hour with with 1/2 a up of soy sauce, 1/2 a cup of rice wine, a teaspoon each of fine ground pepper, sugar and star anise.
Soak mushrooms until soft (hot water will speed the process); remove the stalks. Stir-fry with a little soup from the meat stew; add small amounts of soy sauce, sugar,
Dried Radish: Chop up finely and stir-fry with some sugar and garlic.
Shrimp: Stir-fry for a couple of minutes
Scallions: Chop up finely, stir-fry until fragrant.
In a large wok, mix in with rice in the wok to flavour with soup meat stew soup. Add the peanuts. Then the shrimp.
Cut the dried duck egg yokes into halves.
Bamboo leaves: Wash in hot water to tenderise the leaves (so they don't break), before washing thoroughly in cold water.
Wet the strings to make them more pliable.
Wrapping the zong zi: Hang the set of strings.

"Fold the leaves flat at the leafstalk to make a sheet."
"Hold the sheet, fold it round in the middle and make a funnel till both ends are laid over each other in one direction."
The dumplings should be pyramid shaped with sharp edges and pointed ends. It takes some practice to get nice looking ones.
They are tied up just like shoes laces with a double knot which makes them easy to open.
***Steam for 1 hour, unwrap and serve.**
Notes
Zong zi are eaten plain or with any kind of sauce you chose. People in southern Taiwan tend to boil the dumplings rather than steam them.

Ngohiong

Ingredients



1 kl labong ng niyog stripped
1/2 kl singkamas stripped
3 tbsp ngohiong powder
2 tbsp 5 spice powder
1/2 kl ground pork
season to taste with salt, pepper, msg, and soy sauce

batter after wrapping with lumpia wrapper
2 cups cornstarch
paprika/white pepper 5 tbsp
700 grms water

Here is another recipe, this time of the sauce:
(Here’s the recipe for the dip sauce).

Lorbak Sauce:

2 tbsp dark soy sauce
2 tbsp castor sugar

1/8 tsp Chinese five spice powder (ng heong fun)/ Ngo hiong hun
1/8 tsp salt
4-5 tbsp water
1/2 tsp corn flour or tapioca flour
1 egg white, lightly beaten

Combine all ingredients in a small saucepot. Bring to a low simmering boil over a gentle heat and cook for 1½–2 minutes. Stir occasionally until sauce turns smooth. Add in egg white and stir with a fork to form fine strands. Set aside to cool then use.

Here is another clarification on the subject:
By Pepe on Tuesday, October 10, 2000 - 01:25 am:
I just cooked some adobo pork spare ribs. Super sarap talaga. I experimented a little bit by putting a little bit of five spice powder with the usual adobo TSB ingredients (toyo, suka at bawang). Sarap din ang labas. Don't put a lot though. Just sprinkle some 5 spice powder. It's quite overpowering if you put too much of this powder. (5 spice powder is Ngo-Hiong in Chinese).

Here is the recipe for Chinese Five Spice Powder:

How To Make Five-Spice Powder:

Five-spice powder encompasses all five flavors - sweet, sour, bitter, pungent, and salty.

In a dry skillet, roast 2 teaspoons of Szechuan peppercorns by shaking the pan over low to medium heat until the aroma of the peppercorns is released (about three minutes). Grind the roasted peppercorns and 8 star anise in a blender or pepper mill. Strain the blended seasonings. Mix in 1/2 teaspoon ground cloves, 1 tablespoon ground cinnamon, and 1 tablespoon ground fennel seeds. Grind the seasonings until very fine. Store in an airtight container.

Tips:

Use five-spice powder sparingly, as it can be quite pungent. If desired, you can substitute black peppercorns for the Szechuan peppercorn, and ground anise for the star anise (use 4 teaspoons of ground anise).

What You Need:
Spices
Skillet
Blender or a Spice Mill
Airtight Container

Chinese Vegetable Dishes

Green Beans in Black Bean Sauce

Ingredients

- **1 lb fresh green beans**
- **2 Tbsp black bean paste**
- **2 Tbsp low sodium soy sauce**
- **1/4 cup cold water**
- **1 Tbsp corn starch**

Directions

Wash green beans and trim into bite sized pieces. Steam or microwave with a little water until just tender-crisp. Drain and rinse with cold water to stop cooking.

Mix together the black bean paste, soy sauce, water and corn starch until very smooth.

Heat a wok or large saucepan to medium high. Add some water and the cooked beans. When beans are heated (about 2 minutes) add the sauce. Stir constantly to coat the beans (sauce will get very thick). Serve immediately over hot cooked rice.

This sauce and cooking process can be used with just about any vegetable you like. kwvegan vegan

Fragrant-Eggplant

Serves 4

Ingredients

- **1 large eggplant**
- **4 tbl soy sauce**
- **1 tbl cornstarch**
- **3 tbl sugar**
- **1/4 cup distilled white vinegar**
- **1/4 cup water**
- **1 tsp crushed dried red pepper**
- **6 slices ginger, about the size and thickness of a quarter**
- **4 scallions, chopped, separate white and green parts**

Directions

1. Cut stem end off eggplant. Dice eggplant into small cubes. Sprinkle eggplant with salt and place in a colander to drain. Let sit for 15 minutes. Squeeze as much liquid out as possible.

2. In a small bowl, combine soy sauce, sugar, vinegar and water.

3. Heat 1 tbl dry sherry in a large skillet or wok. Add red peppers and stir. Add ginger, white part of scallion. Stir fry briefly until ginger becomes fragrant. Add the squeezed eggplant and saute approximately 8-10 minutes, stirring occasionally, until eggplant is thoroughly cooked. You shouldn't have any trouble with sticking because the eggplant still has a bit of moisture in it but if it does, add a little bit of water or sherry.

4. Add soy sauce mixture and cook over high heat until most of the liquid is evaporated and eggplant is thoroughly coated with reduced sauce - about 5 minutes.

5. Combine 2 tbl water with cornstarch.

6. Add chopped green part of scallions and sherry mixed with cornstarch. Stir and cook until thick. Serve hot over plain rice. kwvegan vegan

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Bok Choy with Ginger Vinaigrette

Ingredients

- **1 pound bok choy**
- **1 tablespoon white wine vinegar**
- **2 teaspoons dijon mustard**
- **2 teaspoons reduced sodium soy sauce**
- **1 teaspoon sugar**
- **1 small glove garlic, finely chopped**
- **1 tablespoon fresh ginger, finely chopped or grated**

Directions

Separate bok choy leaves and rinse under cold water to clean. Place in steamer and steam until stalks begin to turn translucent and are soft when pierced.

Combine vinegar, mustard, soy, etc. and mix well

After bok choy is steamed you have two options:

Chop up piece into bit size pieces while still warm and pour the ginger vinaigrette over.

or

Plunge steamed bok choy into cold water to crisp it back up. Drain and cool. Then chop and pour ginger vinaigrette over.

Makes 4 - 1 cup servings kwvegan vegan

Bao Buns (Basic Recipe)

24 Buns

Ingredients

- **1 package dried yeast or 1 cake fresh yeast**
- **1 cup lukewarm water**
- **4 1/2 cups flour**
- **1/4 cup sugar**
- **2 tablespoons Crisco or vegetable oil**
- **1/2 cup boiling water**
- **2 tablespoons sesame seed oil**

Directions

Dissolve yeast in lukewarm water. Add 1 cup of flour. Mix thoroughly. Cover with cloth. Let rise 1 hour, until bubbles appear.

Dissolve sugar and vegetable oil in 1/2 cup boiling water. Stir well. Cool until lukewarm. Pour into yeast mixture. Add 3 1/2 cups flour.

Knead dough on lightly floured board until smooth. Put into extra large, greased bowl in a warm place. Cover with damp cloth. Let rise until double in bulk, about 2 hours.

Divide into 2 portions. Remove first portion and knead 2 minutes. Repeat with second. Roll each into roll 12 inches long and 2 inches wide. Cut into 12 pieces (24 total).

Flatten each piece with palm of hand. Roll with rolling pin into 3 inch circles.

Brush with sesame seed oil. Indent middle of circle with chopstick.

Fold circle in half so that it becomes a half moon. Crimp edges tightly with fork.

Place each roll on separate square piece of foil on steamer tray. Cover tray with towel. Let buns rise to double in bulk, about 30 minutes. Remove towel.

Steam, tightly covered, over briskly boiling water for 10 minutes. Serve with Peking Duck, Crispy Duck, or with any filling you desire.

May be prepared in advance. May be frozen. Thaw out in plastic bag and re-steam 10 minutes.

Egg Roll Skins

Ingredients

- **1 1/2 cup Flour**
- **1/2 tsp Salt**
- **2 x Eggs**
- **1 1/2 cup Water**

Directions

1. Combine flour and salt. Beat eggs lightly and blend in.
2. Gradually add water, beating in one direction to make a thin smooth batter.
3. Lightly grease a small skillet, as in step 3 above.
4. Beat the batter again; then pour 2 tablespoonfuls into the skillet, tilting or

rotating the pan so that the batter spreads thinly and evenly over the entire surface. (Pour any excess batter back into bowl at once to make the skin as thin as possible.)
5. When the dough shrinks away from the sides of the skillet, quickly pick it up (do not let it brown) and place on a tray. Cover with a damp towel.
6. Repeat process until dough is used up, lightly re-oiling the skillet each time.
VARIATION: In step 1, add 1 tablespoon cornstarch to the flour and salt.

Chinese Desserts

Chocolate Ginger Lychees

This recipe makes about 2 dozen.

Ingredients

All Ingredients should be prepared before you start cooking this will save time and make cooking the dish easier and more enjoyable.

- **1 can (20 ounces or 565 g) whole pealed lychees**
- **2 ounces (60 g) of preserved candied ginger or candied cherries**
- **6 ounces (170 g) of semi sweet baking chocolate (6 squares)**
- **1 tablespoon (15 mL) vegetable shortening**

Directions

1.Drain lychees. spread round side up between several layers of paper toweling. Let stand until dry, about 1 hour.

2.Cut ginger or cherries into slivers or tiny pieces. carefully stuff the ginger or cherries inside the cavities of the lychees

3.Combine chocolate and shortening in a small sauce-pan or in top of a double boiler over boiling water. cook over low heat, stirring constantly. When chocolate melts, remove from the heat and cool slightly.

4.Dip each Stuffed lychee in the melted chocolate, coating them completely. Carefully lift the lychees out of the chocolate and place round side up on wax paper. When finished dipping the lychees drizzle remaining chocolate over them and make nice patterns

5.Refrigerate until cold

Stuffed Apples

Ingredients

- **1 lb (500 g) large apples, of uniform size**
- **3 1/2 oz (100 g) glutinous rice**
- **6 tbsp (85 g) sugar**
- **2 tbsp cornstarch (corn flour) dissolved in 2 tdsp water**
- **1/2 oz (15 g) walnut meat**
- **1/2 oz (15 g) melon seeds, skinned**
- **1/2 oz (15 g) raisins**
- **1/2 oz (15 g) preserved green plum, diced**
- **1/2 oz (15 g) preserved dates, pitted**
- **1/2 oz (15 g) preserved melon strips**
- **1/2 oz (15 g) preserved tangerine, diced**
- **1/2 oz (15 g) preserved apple, diced**
- **1/2 oz (15 g) haw jelly, diced**

Directions

1.Wash the apples and cut off the tops 1 1/4 inches (3 cm) below the stems. These will be the caps. Peel and core the apples.
2.Wash the glutinous rice until the water is clear and drain. Put into a heat-proof bowl. Add 1/2 cup (130 ml) water. Steam for 25 minutes. Mix rice with the walnut meat, melon seeds, raisins, preserved green plums, dates, melon strips, tangerines, apple, and 4 tbsp sugar.
3.Fill the apples and top with the caps. Fasten the caps on with toothpicks. Place in a heat-proof dish and steam for 20 minutes, or until tender.
Remove the toothpicks and place the apples in serving dishes. Bring 1 cup of water and the remaining 2 tbsp sugar to a boil in a saucepan. Add the cornstarch, stirring, until slightly thickened. Pour over the apples. Sprinkle with the diced haw jelly, and serve.

Custard Tarts

This recipe makes about 2 dozen.

Ingredients

All Ingredients should be prepared before you start cooking this will save time and make cooking the dish easier and more enjoyable.

- **3 cups (750ml) all-purpose flour**
- **1 teaspoon (5ml) salt**
- **1 cup (250ml) vegetable shortening or lard**
- **4 to 6 tablespoons (60 to 90ml) hot tap water**
- **3 eggs**
- **1/3 cup (80ml) sugar**
- **1 1/2 cups (375ml) milk**

Directions

1. **Combine flour and 1/2 teaspoon (2ml) of salt in mixing bowl. Cut in shortening until mixture resembles bread crumbs. Mix in enough water to form a dough ball. Cut in half.**
2. **Roll out each half on lightly floured surface until 1/8 inch (0.5cm) thick. Cut 12 circles from each half 3 inches (8cm) in diameter.**
3. **Fit pastry circles into greased muffin cups, pressing sides so they reach rims.**
4. **Beat eggs. Stir in sugar and remaining 1/2 teaspoon (2ml) salt. Gradually blend in milk. Spoon about 2 tablespoons (30ml) egg mixture into each pastry.**
5. **Bake in preheated 350F (180C) oven until knife inserted in center of custards comes out clean. 25 to 30 minutes. Remove tarts from pan. Cool on wire racks.**

White Fungus with Rock Sugar

Ingredients

- **1/2 oz (15 g) white fungus (tremella)**
- **2 egg whites**
- **1 1/8 cups (250 g) rock sugar or granulated sugar**
- **20 tangerine sections, fresh or canned**

Directions

1.Soak the white fungus in warm water for 1 hour. Remove the stems and clean thoroughly, discarding any discoloured parts. Break the clusters into individual pieces and let soak in a bowl of fresh water.
2.Heat 3 cups (750 ml) of water in pot and add the sugar. Letting it melt into a syrup. Beat the egg whites and mix them with a little water. Stir into the syrup and bring to a boil. Pour the syrup into a heat-proof bowl and add the white fungus. Cover the bowl tightly, place in a steamer, and steam for 1 1/2 hours or until the white fungus are very soft and the liquid is thick. Pour into individual bowls and

place tangerines on top of the soup. Serve warm or chilled.

Tangerine Duff

Ingredients

- **3 tangerines**
- **5 tsp cornstarch (corn flour) dissolved in 5 tsp water**
- **7 tsp (100 g) sugar**
- **2 oz (50 g) haw jelly, diced**

Directions

1.Peel the tangerines and divide into sections. Remove the strings and seeds and cut into 1/2 inch (1 cm) dice. Set aside.
2.Pour 5 cups (1,250 ml) of water into a saucepan. Add the sugar and bring to a boil. Skim off the foam. Add the cornstarch and cook, stirring, until slightly thickened. Stir in the tangerines. Pour into individual bowls and sprinkle with the diced haw jelly.

Peaches in Sweet Glaze

Ingredients

- **1 1/2 lb (750 g) peaches**
- **2 tbsp (50 g) honey**
- **10 tbsp (100 g) sugar or to taste**

Directions

1.Halve the peaches and remove the pits. Place in a heat-proof bowl and steam until tender and cooked through. Peel and cut each half again. Let cool.
2.Bring 5 cups (1,250 ml) of water to a boil. Stir in the sugar and honey and boil until the syrup thickens. Pour over the peaches, let cool slightly, and sever.

Chinese Yams in Syrup

Ingredients

- **1 1/2 lb (750 g) Chinese yams**
- **2 oz (50 g) cucumber, diced**
- **1 1/3 cups (300 g) sugar**
- **2 oz (50 g) haw jelly, diced**
- **2 tsp (50 g) honey**
- **1 tsp sesame oil**
- **1 tsp preserved osmanthus flowers (optional)**

Directions

1.Wash and peel the yams and cut into 1 inch (26 mm) sections. Set aside.
2.Heat the oil and 3 1/2 tsp (50 g) sugar in a wok over a low fire, stirring until melts into a yellow syrup. Stir in the yam sections. Add 3 cups (750 ml) of water, the remaining 1 cup (250 g) sugar, the honey and the osmanthus flowers. Simmer over low heat until the yam is very tender and the syrup thickens. Place in a dish, sprinkle with the haw jelly and cucumber dice, and serve.

Apples in Spun Syrup

Ingredients

- **1 lb (500 g) firm, slightly tart apples**
- **1 egg**
- **3 1/2 oz or 11 tbsp (100 g) flour**
- **2 cups (500 ml) vegetable oil for deep-frying; use about 4 1/2 oz (130 ml)**
- **1/2 cup (125 g) rock sugar or granulated sugar**
- **1 tbsp sesame oil**

Directions

1.Peel the apples and cut into diamond-shaped pieces or wedges. Mix the egg and flour into a batter. Coat the apple pieces with the batter.
2.Heat the oil in a wok to about 350oF (175oC), or until a sliver of ginger or a piece of green leaf sizzles when tossed into the oil. Add the apple pieces and deep-fry 1 minute or until the pieces float to the heat surface. Remove and drain well.
3.Pour all the oil out of the wok. Add 1 cup of boiling water and the rock sugar. Bring to a boil, them turn the heat to low and cook, stirring constantly, until the syrup spins a thread. Add the apple pieces. Turn and toss carefully so each piece is covered with the syrup. Remove and serve immediately, before the syrup hardens. Sprinkle with the sesame oil. Dip each piece of apple into a bowl of cold water to make it cool enough to eat.

Almond Cookies

Ingredients

- 1 cup shortening
- 3/4 cup sugar
- 2 eggs
- 1 tablespoon almond extract
- 2-1/4 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup blanched almond halves
- 1 egg beaten

Directions

In a large bowl with electric beaters, cream the shortening and sugar. Beat in the eggs, one at a time, and mix well. Add the almond extract.

In another bowl, sift together the flour, baking soda, and salt. With a wooden spoon, gradually stir the flour mixture into the shortening. The dough should be fairly firm. Divide the dough in half and roll each into a log, about 1-1/2 inch in diameter. Wrap in waxed paper and refrigerate for 4 hours.

Preheat the oven to 375 degrees F. Cut the dough crosswise into 1/4 inch thick slices. Place cookies on an ungreased cookie sheet. Top each cookie with an almond half. Brush cookies lightly with beaten egg. Bake for about 10 minutes, or until light golden brown.

Sweet Potatoes in Syrup

Ingredients

- 1 lb (500 g) sweet potatoes
- 2 cups (500 ml) vegetable oil for deep-frying; use about 3 1/2 oz (100 ml)
- 5/8 cup or 10 1/2 tbsp (150 g) sugar
- 2 tbsp (50 g) honey
- 2 tbsp cornstarch (corn flour), dissolved in 2 tbsp water
- 2 oz (50 g) haw jelly, diced

Directions

1.Wash and peel the sweet potatoes. Cut into 2 1/2 by 3/4 inch by 3/4 inch (6 cm by 2 cm by 2 cm) strips.
2.Heat the oil in a wok to 350oF(175oC), or until a 1-inch (25 mm) cube of day-old bread browns in 1 minute when dropped into the oil. Add the sweet potatoes, and deep-fry until brown.
3.Pour out the oil and add 9 oz (250 ml) of water to the wok. Add the sugar and cook, stirring, until it dissolves. Then add the honey and cornstarch. Cook, stirring, until thickened. Add the sweet potatoes and stir so each piece is coated with the syrup. Place on a plate, sprinkle with the haw jelly, and serve.

Creamy Baihe

Ingredients

- **14 oz (400 g) fresh Baihe, a plant related to the lily family; the dried white petals are eaten**
- **7 oz (200 ml) milk**
- **5 tbsp (75 g) sugar**
- **2 tsp sesame oil**
- **2 tbsp cornstarch (corn-flour) dissolved in 2 tbsp water**

Directions

1.Break the flower petals off the stems and wash. Blanch the petals twice in boiling water and drain.
2.Pour the milk into a wok and add the sugar, sesame oil, flower petals, and cornstarch. Heat the wok, bring to a boil and stir for several times and remove. The cooking must be done quickly and carefully to prevent the dish from sticking to the wok.

Deep-Fried Watermelon

Ingredients

- **1 watermelon, about 10 lb**
- **7 tbsp (100 g) cornflour**
- **11 tbsp (100 g) flour**
- **2 eggs whites, beaten**

- 7 tbsp cornstarch (cornflour)
- 3 cups (750 ml) vegetable oil for deep-frying; uses about 3 1/2 oz (100 ml)

Directions

1.Cut the watermelon in half and scoop out the pulp. Remove any seeds from the pulp and cut the pulp into. diamonds. Coat with the flour. Mix the egg whites with cornstarch and a little water into a batter.
2.Heat the oil in a wok over high fire to about 250oF(120oC), or until small bubbles appear around a 1 inch (2 cm) cube of day-old bread dropped into the oil. Dip the watermelon pieces in the batter and add to the oil. Deep-fry until the coating becomes firm. Turn off the heat and continue to deep-fry the watermelon until light brown. Remove, drain well, sprinkle with the sugar, and serve.

Sweet Peanuts

Ingredients

- 1 lb (500 g) peanuts
- 10 tsp (50 g) cornflour
- 5/8 cup (150 g) granulated sugar

Directions

1.Heat the peanuts in a wok or pan. Dry-fry them until very crisp. Set aside.
2.Heat the sugar and 3 1/2 oz (100 ml) warm water in a wok, stirring until the sugar dissolves. Continue to stir until the thin syrup bubbles. Stir in the peanuts. Gradually add the cornflour until the peanuts are well-coated with the syrup. Remove, let cool slightly, and serve.

Sweet Marinated Lotus Roots

Ingredients

- 14 oz (400 g) fresh lotus roots
- 7 tbsp (100 g) granulated sugar
- 1/4 tsp green preserved plum, shredded (substitute candied green cherry)
- 1/4 tsp red preserved plum, shredded (substitute candied red cherry)

Directions

1.Wash and peel the lotus roots. Remove the joints and cut into 1/4 inch (1/2 cm) slices.
2.Blanch in boiling water for 1 minute, rinse under cold water and drain well. Place on a serving dish and sprinkle with the sugar and the preserved plums or cherries.

Note:This easily-prepared dish of crunchy lotus roots is a popular summer refreshment.



Ginger Date Wontons

Since versatile wonton wrappers have a neutral flavor they go perfectly with sweet ingredients, too. I like to serve them warm with a scoop of vanilla ice cream, but they're equally delicious enjoyed at room temperature. Makes: 24 wontons

Ingredients

- **1/3 cup chopped walnuts or almonds**
- **8 Medjool dates, pitted and coarsely chopped**
- **4 tablespoons chopped crystallized ginger**
- **1 tablespoon grated lemon peel**
- **2 teaspoons butter, softened**
- **24 wonton wrappers**
- **Cooking oil for deep-frying**

Directions

1. **Combine filling ingredients in a bowl; mix well.**
2. **Make each wonton: Place 1 teaspoon filling in center of a wonton wrapper; keep remaining wrappers covered with a kitchen towel to prevent them from drying out. Brush edges of wrapper with water and fold wrapper in half to form a triangle. Pinch edges to seal. Pull two opposite corners together,**

moisten one corner with water, and overlap with the other corner; press to seal. Cover filled wontons with a clean dry towel.

Cooking:

1. **In a wok, heat oil for deep-frying to 350°F. Deep-fry wontons, a few at a time, turning occasionally, until golden brown, 2 to 3 minutes. Remove with a slotted spoon and drain on paper towels. Serve hot or at room temperature.**

Chinese Sticky Cake (Nian Gao)

Number of Servings: 16 **Prep Time:** 1 hour **Skill Level:** Easy

Ingredients

3/4 cup water
1/2 cup brown sugar
1 1/4 cups glutinous rice flour
1 egg
2 tablespoons milk
1/2 cup chopped dates (preseved plums, jujubes or candied orange peel can be used instead)

Instructions:

1. In a small pan, boil water.
2. In a mixing bowl, add brown sugar and stir in boiling water to make a syrup. Let cool.
3. Add flour, egg and milk and stir to blend.
4. Knead the dough until smooth, then mix in chopped sweets.
5. Pour batter into a lightly greased 7" shallow cake pan.
6. Steam for about 45 minutes, or until edges move away from the pan.
7. Let cool before unmolding. Serve in thin slices.

Helpful Hints: This steamed fruit cake is a favorite for Chinese New Year.



Chinese Crullers

Ingredients

- **1 teaspoon salt**
- **3/4 teaspoon alum**
- **1 teaspoon baking soda**
- **3/4 teaspoon ammonium bicarbonate**
- **7/8 cup water**
- **2 cups all purpose flour**
- **8 cups oil for deep-frying**

Directions

Place salt, alum, baking soda, and ammonium bicarbonate in a mixing bowl. Add water and stir until thoroughly dissolved. Add flour. Stir with chopsticks to make the dough soft and smooth.

Knead the dough until it is elastic.
Cover and let stand at least 4 hours.

Remove dough and stretch it into a long strip, 1/3-inch thick and 2 inches wide. Sprinkle with a little flour.

Using a knife or cleaver, cut dough into 20 strips 1/2-inch wide. Pick up a strip from the end with a spatula, turn it around and place it directly on top of the next strip (10 pieces).

Lay a chopstick on top of these double strips. Press down. Repeat process with remaining pieces.

Heat oil for deep-frying. Pick up one double strip. Hold the two ends and stretch it until it is 9 inches long.

Drop into hot oil. Turn dough on both sides continuously with chopstick until it is golden brown and expands. Remove and drain. Repeat with other strips.

May be prepared in advance and refrigerated or frozen. Before serving, thaw, if necessary, and reheat in oven at 400 degrees for 5 minutes.

Fortune Cookie

Ingredients

:

- **1 egg white**

- **1/8 teaspoon vanilla extract**
- **1 pinch salt**
- **1/4 cup unbleached all-purpose flour**
- **1/4 cup white sugar**

Directions

:

Preheat oven to 400 degrees F. Butter a cookie sheet. Write fortunes on strips of paper about 4 inches long and 1/2 inch wide. Generously grease 2 cookie sheets.

Mix the egg white and vanilla until foamy but not stiff. Sift the flour, salt, and sugar and blend into the egg white mixture.

Place teaspoonfuls of the batter at least 4 inches apart on one of the prepared cookie sheets. Tilt the sheet to move the batter into round shapes about 3 inches in diameter. Be careful to make batter as round and even as possible. Do not make too many, because the cookie have to be really hot to form them and once they cool it is too late. Start with 2 or 3 to a sheet and see how many you can do.

Bake for 5 minutes or until cookie has turned a golden color 1/2 inch wide around the outer edge of the circle. The center will remain pale. While one sheet is baking, prepare the other.

Remove from oven and quickly move cookie with a wide spatula and place upside down on a wooden board. Quickly place the fortune on the cookie, close to the middle and fold the cookie in half. Place the folded edge across the rim of a measuring cup and pull the pointed edges down, one on the inside of the cup and one on the outside. Place folded cookies into the cups of a muffin tin or egg carton to hold their shape until firm.

Chinese Sauces

Kosher Sauce Recipes

Peanut Sauce

This is a sauce that can be used for a myriad of different dishes. I like it spread over plain noodles and used when I BBQ pork, beef or chicken. Since it is made with no meat products, veggies can enjoy it, too. :)

Ingredients

- **6 Tbsp. peanut butter**
- **1/4 cup water**
- **3 Tbsp. light soy sauce**
- **6 Tbsp. dark soy sauce**
- **6 Tbsp. tahini (sesame paste)**
- **1/2 cup dark sesame oil**
- **2 Tbsp. sherry**
- **4 tsp. rice wine vinegar**
- **1/4 cup honey**
- **4 medium cloves garlic, minced**
- **2 tsp. minced fresh ginger**
- **1-2 Tbsp. hot pepper oil (see instructions below)***
- **1/2 cup hot water**

GARNISH: (all are optional, depending on your taste)

1. **1 carrot, peeled**
2. **1/2 firm medium cucumber, peeled, seeded, and julienned**
3. **1/2 cup roasted peanuts, coarsely chopped**
4. **2 green onions, thinly sliced**

*****

Hot Pepper Oil

Amount you use depends on how hot you like it.
2 Tbsp. will give it a nice bite. If your tastes run to the very hot, you might want to use 3 Tbsp.

If you don't want to buy the oil ready made in the market,

here's a recipe:

1/4 cup hot red pepper flakes, 1 cup oil.
Combine in a saucepan over medium heat. Bring to boil, and immediately turn off heat. Let cool. Strain in small glass container that can be sealed. Refrigerate. Lasts indefinitely.

Tangerine Marinade

Ingredients

- 1/3 cup orange juice
- 2 tablespoons rice wine or dry sherry
- 1 tablespoon soy sauce
- l/2 teaspoon chili garlic sauce
- 2 teaspoons sugar
- l-l/2 teaspoons cornstarch
- 2-1/2 tablespoons cooking oil
- 6 small dried red chilies
- 1 small onion, cut into 1-inch pieces
- Orange slices for garnish

Directions

1. Soak tangerine peel in warm water to cover until softened, about 15 minutes; drain. Thinly slice tangerine peel. Combine marinade ingredients in a bowl.

Use as a marinade for any type of meat...just experiment a bit with anything and see how you like it!

Dumpling/Potsticker Seasoning

Ingredients

- **2 Tbs soy sauce**
- **1 Tbs rice wine (shaohsing)**
- **2 Tbs sesame oil**
- **1.5 tsp minced ginger**
- **1.5 tsp minced garlic**

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2 Potsticker Dipping Sauces

Dipping Sauce I

1/2 cup soy sauce
3 Tbs Chinese Black vinegar or Worcestershire sauce

Dipping Sauce II

1/2 cup soy sauce
2 Tbs Chinese Black vinegar or Worcestershire sauce
1 Tbs chili oil or chili paste with garlic
***Variation* add 1 Tbs shredded gingerroot or minced garlic to either of the sauces.**

One More Universal Sauce

Can be used with dumplings or over steamed vegetables...or even plain rice.

Ingredients

- **1/4 cup soy sauce**
- **1T rice wine**

- **1T rice wine vinegar**
- **2t sugar**
- **1T minced scallion**
- **1.5T minced garlic**
- **2T sesame oil**
- **2t chili oil or chili paste**

Seafood Marinade

Ingredients

- **2 tablespoons oyster flavored sauce**
- **2 teaspoons cornstarch**

- **4 navel oranges**
- **2 teaspoons Grand Marnier**
- **1/2 cup diced cantaloupe**
- **1/3 cup diced water chestnuts**
- **1/4 cup frozen peas, thawed**
- **1 tablespoon chopped crystallized ginger**
- **3 tablespoons plum sauce**
- **1/2 teaspoon sugar**

Sweet Red Bean Paste

- 1 1/2 cups red beans, washed well
- 4 cups water
- 1/2 cup vegetable shortening
- 1 cup sugar

Sweet and Sour Sauce

Just your basic sauce recipe..

Ingredients

- 1 cup unsweetened pineapple
- 1/4 cup cider vinegar
- 2 1/2 tablespoons soy sauce
- 1/3 cup brown sugar
- 2 tablespoons cornstarch

Sweet and Sour Dipping Sauce

Ingredients

- 1/2 cup bottled Major Grey's Chutney
- 1/4 cup apricot preserves
- 1/4 cup crushed pineapple
- 1/4 cup applesauce
- 1/2 teaspoon ginger -- minced
- 1 teaspoon rice vinegar

Directions

Combine the ingredients for the sauce in a saucepan and heat just to blend, stirring often. Cool to room temperature and serve. Makes 1 1/4 cups.

Tofu Dip

Ingredients

- **1/2 pound bean curd**
- **1/4 cup plum sauce**
- **2 teaspoons prepared Chinese mustard**
- **1 teaspoon salt**

Directions

Mash the bean curd, then mix with the other ingredients with a whisk or an electric mixer. the dip should have the consistency of sour cream. To prepare in a blender or food processor, combine the ingredients and process until smooth. Refrigerate until ready to serve. Stored in a sealed container, the dip can be kept in the refrigerator for up to a week. Makes 1 1/2 cups.

Jazzed Hoisin Sauce

Ingredients

- **2 tablespoons hoisin sauce**
- **2 tablespoons tomato catsup**
- **1 teaspoon rice vinegar**
- **1 teaspoon honey**
- **1 teaspoon black soy sauce**

Directions

Combine the ingredients in a small bowl and mix well. Refrigerate until ready to serve.

Manchurian Sauce

Ingredients

- **1/2 cup soy sauce**
- **1/2 cup vegetable stock**
- **1/2 cup green onion -- thinly sliced**
- **1 teaspoon fresh ginger root -- minced**
- **1 teaspoon garlic -- minced**
- **1/2 teaspoon wasabi (or 1/2 tsp minced jalapeno pepper)**

Directions

In a medium-sized bowl, combine all the ingredients and whisk until well blended. Refrigerate for at least 30 minutes before serving.

NOTES : If you are watching your sodium intake, substitute one of the low-sodium varieties of soy sauce, but keep in mind that these may still be quite high in salt.

Spicy Soy Dipping Sauce

Ingredients

- **1/4 cup vegetable stock**
- **1/2 cup light soy sauce**
- **1 tablespoon rice wine or dry sherry**
- **2 tablespoons sesame oil**
- **2 tablespoons rice vinegar**
- **1 tablespoon sugar or honey**
- **1 teaspoon hot oil**

Directions

Combine the ingredients in a small boil. Stir to dissolve the sugar, then cover and refrigerate until serving.

All Purpose Stir-Fry Sauce

Directions

Place a saucepan over high heat until hot. Add 1/4 cup vegetable oil. Add 4 teaspoons minced garlic and 2 teaspoons minced fresh ginger and cook, stirring, until fragrant, about 5 seconds. Add 2/3 cup soy sauce, 1/3 cup Shao Hsing wine or dry sherry, and 2 tablespoons sesame oil and cook for 1 minute. Add 1 tablespoon cornstarch mixed with 2 tablespoons water and cook, stirring, until sauce boils and thickens. Makes about 1 1/3 cups.

Hot and Spicy Stir-Fry Sauce

Directions

Place a wok or medium saucepan over high heat until hot. Add 1 1/2 tablespoons vegetable oil. Add 1 teaspoon each minced garlic and minced fresh ginger and cook, stirring, until fragrant, about 5 seconds. Add 1 tablespoon sliced green onion (white part only), 1/4 cup each soy sauce, chicken broth, and Shao Hsing wine or dry sherry, and 2 teaspoons hot pepper sauce or chili oil. Bring to a boil. Reduce heat to medium and cook for 2 minutes. Add 1 tablespoon cornstarch mixed with 2 tablespoons water and cook, stirring, until sauce boils and thickens. Let cool. Makes about 3/4 cup.

Chinese Salad Dressing

Directions

Combine 3/4 cup rice vinegar, 1/3 cup soy sauce, 1/3 cup sugar, 1 tablespoon minced garlic, 1 tablespoon toasted sesame seeds, 2 teaspoons minced cilantro (Chinese parsley), and 1 teaspoon Chinese five-spice in a small bowl. Whisk in 2/3 cup vegetable oil and 3 tablespoons sesame oil. Makes about 2 cups.

Sichuan Spicy Salt

Directions

Place 1/4 cup salt, 3/4 teaspoon ground toasted Sichuan peppercorns, 1 teaspoon chili powder, and 1/4 teaspoon white pepper in wok over medium heat, swirling wok, for 2 to 3 minutes. Let cool. Makes about 1/4 cup.

Chili Oil

Directions

Heat 1 cup vegetable oil in a small saucepan over high heat until oil reaches about 375F. Remove from heat and add 1 tablespoon crushed red pepper and 1 tablespoon sesame oil. Let cool. Transfer oil to an airtight jar. Use as a dip or use a few drops to add zest to any dish. Makes about 1 cup.

Five Flavor Oil

Directions

Heat 1 cup vegetable oil in a small saucepan over medium-high heat until oil reaches about 375F. Add 3 crushed cloves garlic, 4 thin slices fresh ginger, 1 tablespoon sesame oil, 1/2 teaspoon whole black peppercorns, and 1/4 teaspoon whole Sichuan peppercorns and cook for 10 minutes. Let cool, then strain out seasonings. Transfer oil to an airtight jar and store in refrigerator. Makes about 1 cup.

Cantonese Crispy Batter Mix

Directions

Combine 3/4 cup all-purpose flour, 1 1/4 teaspoons baking powder, and 1 teaspoon sugar in a medium bowl. Gradually stir in 2/3 cup water. Blend in 2 teaspoons vegetable oil with wire

whisk until smooth. Let stand for about 1 1/2 hours before using. Makes about 1 cup.

Chinese Mustard Sauce

Directions

Combine 1/4 cup dry mustard, 1 1/2 tablespoons water, 1 tablespoon vinegar, 1/4 teaspoon vegetable oil, and 1/4 teaspoon sesame oil in a small bowl and stir to a smooth paste. Makes about 1/4 cup.

Red-Cooking Sauce

Directions

Place a medium saucepan over high heat until hot. Add 2 tablespoons vegetable oil. Add 4 crushed cloves garlic and 6 thin slices fresh ginger and cook, stirring, until fragrant, about 5 seconds. Add 3 cups chicken broth, 1/2 cup soy sauce, 1/3 cup dark soy sauce, 1/4 cup Shao Hsing wine or dry sherry, 2 whole star anise, 1 piece dried tangerine peel or 2 pieces fresh orange peel, and 3 tablespoons sugar. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. Strain liquid and use in braised, stewed, and casserole dishes. Makes about 3 1/2 cups.

Lobster Sauce

Directions

Rinse 1/2 cup fermented black beans; drain. Mash beans in a bowl. Place wok over medium heat until hot. Add 1/4 cup vegetable oil. Add 4 teaspoons minced garlic and cook, stirring, until fragrant, about 5 seconds. Add black beans, 1/3 cup Shao Hsing wine or dry sherry, 1/4 cup each chicken broth and dark soy sauce, 2 tablespoons brown sugar, and 4 teaspoons sesame oil and cook for 2 minutes. Add 3 teaspoons cornstarch mixed with 4 teaspoons water and cook, stirring, until sauce boils and thickens. Use in steamed, stir-fried, or braised dishes. Makes about 1 1/3 cups.

All-Purpose Dipping Sauce

Directions

Combine 1 cup ketchup, 1/2 cup soy sauce, 1/4 cup each hoisin sauce and chicken broth, 2 1/2 tablespoons sugar or honey, 1 tablespoon each Worcestershire sauce and sesame oil, 1 teaspoon chili oil, and 1/4 teaspoon white pepper in a medium bowl and mix well. Makes about 2 1/4 cups.

KOSHER

Chicken Broth

Ingredients

- **1 stewing fowl about 5 pounds, or bones and carcasses of 2 chickens**
- **3 1/2 quarts cold water or enough water to cover**
- **1 scallion**
- **1 slice fresh ginger 1/2 inch thick**
- **2 tablespoons of rice wine**

- **2 teaspoon kosher salt or to taste**

Directions

1. Rinse the chicken. Put the chicken or carcasses in a large heavy pot and add water. Bring to boil and remove any foam that collects on top. Add the scallion, ginger slice, wine and salt.
2. Turn the heat to very low, cover and simmer gently for 3 hours. If the stock is maintained at a low simmer, it will remain clear.However once it is allowed to boil, it becomes cloudy. Pour the broth through a fine sieve, chill and then remove the fat. Freeze or store in the refrigerator.

Duck Sauce

Makes 1 quart
This chutney style sauce, made from plums and other fruits combines the sweet taste of fruits with a sour touch of vinegar. Serve it with Roast Duck and other roasted meat or chicken.

Ingredients

- **3 large peaches, or 1 l pound, 13 ounce can peaches, drained**
- **9 large plums, or 1 l pound, 14 ounce can plums, drained**
- **1 Cup diced red bell peppers**
- **1 Cup coarsely chopped dried apricots**
- **half Cup dark brown sugar (omit if using canned fruit)**
- **3/4 Cup granulated sugar (omit if using canned fruit)**
- **2/3 Cup distilled white vinegar**
- **2 teaspoons minced Candied Ginger or to taste (optional)**

Directions

1. If using fresh fruit, skin the peaches and plums by plunging them into boiling water for a few seconds. Rinse and peel under cool water. Quarter the plums and divide the peaches into eighths, and discard the pits. There should be about 5 cups of peaches and plums.
2. Combine all the ingredients in a large, noncorrosive pot and bring to a boil, stirring several times. Reduce the heat to low. Simmer, uncovered, for 1 half hours, stirring occasionally.
3. Press the mixture through a coarse food mill or strainer. Cool and store in an airtight jar in the refrigerator.

Five Spice Powder

Makes approximately 4 tablespoons
This powder is a combination of five ground spices and can be found in most supermarkets. Kosher brands of five spice powder are difficult to find, but it is easy to prepare your own. Use ground spices when available and grind the Sichuan peppercorns and star anise, which are not always easily found.

Ingredients

- **2 teaspoons Sichuan peppercorns**
- **8 star anise, or 4 teaspoons ground anise**
- **half teaspoon ground cloves**
- **1 tablespoon ground cinnamon**
- **1 tablespoon ground fennel seeds**

Directions

1. In a dry skillet, roast the peppercorns by shaking the pan over low to medium heat until the aroma of the peppercorns is released, about 3 minutes.
2. Grind the roasted peppercorns and star anise separately in a blender or a spice mill. Strain. Mix in other spices and grind again until very fine. Store in an airtight container.

Hoisin Sauce

Makes 3/4 Cup
Because it can be difficult to find kosher Hoisin sauce, 1 have managed to get a hold of a homemade version. The recipe is in two parts. The azuki beans must first be cooked and pureed into a paste, then the sauce made. Properly stored in a well sealed jar in the refrigerator, this sauce will keep for months.

Unsweetened Red Bean Paste **1 Cup dried azuki red beans (found in health food stores) 4 cups water**

Directions

1. Sort the beans and discard those that are broken and discolored. Rinse the beans and place them in a saucepan. Add the water and bring to a boil. Turn down the heat and simmer for 1 half hours, or until the beans are very soft and the liquid has been absorbed.
2. Put the metal blade into the bowl of a food processor and pour in the cooked beans. Process into a fine paste. The beans can also be mashed by hand. This puree is now ready to use in sauces or sweetened for desserts. Transfer to a clean jar with a lid and store in the refrigerator up to a week or freeze for a month. Sauce

- **2 tablespoons corn oil**
- **2 garlic cloves, minced**
- **4 dried hot chili peppers**
- **half Cup Unsweetened Red Bean Paste**
- **1 teaspoon kosher salt**
- **half Cup sugar**
- **2 tablespoons soy sauce**
- **3 tablespoons distilled white vinegar**
- **3 tablespoons water**

Directions

1. In a small saucepan, heat the oil and add the garlic and peppers. Stir and cook over medium heat for 2 minutes, or until the flavors are released and the garlic browns slightly. Be careful not to burn the garlic.
2. Remove and discard the peppers. Add the bean paste. Stir until blended, then add the

remaining ingredients, continuing to stir until blended. Simmer over very low heat for 20 to 30 minutes, or until the sauce thickens slightly.
3. Pour the sauce into a food processor and blend until smooth, or mash by hand into a smooth paste. Pour into a clean jar with an airtight lid. Cover and store in the refrigerator to use as needed.

Hot Mustard Sauce

Makes 1/3 Cup
Serve as a spicy dip for any of the dumpling recipes. First you will feel it in your nose, then your eyes and finally it will go straight to the top of your head.

Ingredients

- **6 tablespoons hot mustard powder**
- **6 tablespoons water**
- **1 teaspoon distilled white vinegar**
- **1 teaspoon oriental sesame oil**

Directions

1. Combine the mustard powder and water in a small bowl and mix until smooth. Let the mixture stand for 1 minute.

2. Stir in the vinegar and sesame oil. Pour the mixture into a clean jar and cover. Store in the refrigerator for up to 3 or 4 weeks.

Hot Chili Sauce

Makes 2 cups

This is a delicious hot sauce.

Ingredients

- **30 dried hot chili peppers, each about 1 half inches long**
- **half Cup warm water**
- **6 tablespoons corn oil**
- **3 garlic cloves, minced**
- **1 half pounds red bell peppers, seeded and chopped coarse**
- **6 tablespoons soy sauce**

Directions

1. Soak the peppers in warm water until very soft. Drain and chop fine.
2. In a heavy saucepan over low heat, heat the oil. Add the peppers and garlic; cook, stirring constantly, for 1 minute until the garlic browns slightly. Take care not to burn the garlic.
3. Add the bell peppers and soy sauce. Stir several times and bring to a boil. Simmer for about 30 minutes, until most of the liquid has evaporated and the peppers are very soft.
4. Remove from the heat and allow the sauce to cool completely. Pour into a clean jar, cover with plastic wrap and screw on the lid. Turn the jar upside down and store in the refrigerator. The oil will rise to the surface and inhibit mold from forming. Discard the sauce at the first sign of mold.

Hot Chili Oil

Makes approximately half Cup
Hot Chili Oil is easy to make and will keep well for several months in the refrigerator.

Ingredients

-

- **half Cup corn oil**
- **20 dried hot chili peppers**
- **half teaspoon Sichuan peppercorns**
- **1 teaspoon paprika**

Directions

1. Line a small, fine strainer with a paper towel and set it aside.
2. In a small, heavy saucepan heat the oil. When the oil is very hot, turn down the heat to very low and add the peppers. Cook, stirring, until peppers turn dark brown. Add the peppercorns and paprika, and continue to cook just until mixed.
3. Pour the oil through the strainer into a bowl. Discard the solids. Pour the oil into a small jar and cover with a lid. Store in the refrigerator.

Soy Sauce Dip

Makes half Cup
Use this basic, simple dip for Shanghai Spring Rolls fried or steamed dumplings Wontons and Cantonese Egg Rolls.

Ingredients

- **1/3 Cup Soy sauce**
- **2 tablespoons distilled white vinegar**
- **2 teaspoons sugar**
- **2 tablespoons finely minced fresh ginger**
- **1 tablespoon finely minced garlic**
- **2 teaspoons Hot Chili Oil or Hot Chili Sauce(the recipes are here)**

Directions

In a bowl, combine the soy sauce, vinegar and sugar, stirring to dissolve the sugar. Stir

in the ginger, garlic, and chili oil or sauce just before serving. Add additional chili oil to taste.

Garlic Sauce

Ingredients

- **2 tablespoons of peanut oil**
- **2 tablespoons of shredded garlic (use a mincer)**
- **a little ginger if you prefer as well**
- **3 tablespoons of oyster sauce**
- **1/2 cup of chicken stock or canned broth**

Directions

Heat a wok or frying pan over high heat until it is hot. Add the oil and wait until it is smoking, add the garlic and ginger and leave for a minute or so. Then add the oyster sauce and stock simmering for another few minutes. Pour over your favorite fried rice or rice and meat dish.

Plum Sauce

Ingredients

2 1/2 lb Apricots; stoned &
-quartered *
2 1/2 lb Plum, red; stoned &
-quartered *
5 1/2 c Cider vinegar

2 1/2 c ;Water
1 1/2 c Sugar, white
2 c Sugar, light brown
1/3 c Karo, light
1/2 c Ginger, fresh; peeled &
-chopped
2 tb Salt, kosher
1/4 c Mustard seeds; toasted
1 md Onion; quartered
2 Chile serrano; seeded &
-diced
5 Garlic clove; minced
1 Cinnamon stick

Directions

1. **Roast the peppers to remove skin; quarter lengthwise and devein. Set aside.**
2. **Combine the apricots, plums, three cups of vinegar and water in a large non-reactive kettle and simmer until soft; about 25 minutes. Remove from heat and set aside.**
3. **In another non-reactive kettle, this one very large, combine the remaining vinegar, sugars, and Karo and bring to a boil, stirring.**
4. **Add the fruit mixture, ginger, salt, mustard seeds, onion, chiles, garlic, cinnamon, and the skinned bell peppers. simmer, covered, for five minutes then simmer uncovered for one hour, stirring every so often. Remove the cinnamon stick.**
5. **With a food processor, pulse the mixture for a couple of seconds (this has to be done in batches; process a little longer if you like a less- textured sauce).**
6. **Return to the kettle and boil gently, stirring, until the sauce has thickened, about 15 minutes (the sauce will thicken some more as it cools).**
7. **Ladle into sterilized jars, either half-pint or pint. Process in a boiling water bath for 10 minutes (for half-pint jars) or 15 minutes (for pint jars). Allow to age in the jar for 2 to 4 weeks before using.**

Honey Sauce

Ingredients

A delicious sauce, that can either be used as a dip, or a marinate (add a tablespoon of oil), or as a sauce for Chinese food (dilute with stock).

-
- 1 small onion, finely chopped
- 1 tablespoon clear honey
- 3 tablespoons tomato ketchup
- 2 tablespoons soy sauce
- 1 teaspoon smooth French mustard

Directions

Mix ingredients together in a non-metal container. The sauce may separate over time, in which case just mix it together again.

Szechwan Pepper Oil

Ingredients

- 1 tablespoon Szechwan peppercorns
- 250 ml/8 fl oz/1 cup peanut oil

Directions

Roast the Szechwan pepper in a clean, dry pan until fragrant. Add oil and cook on low heat about 10 minutes, stirring now and then. Allow to cool. Strain and store in a glass jar in a cool, dark cupboard.

Tahini
(Sesame Seed Paste)

Ingredients

- 2 tablespoons sesame seeds

- **1/2 teaspoon sesame oil**
- **1/4 teaspoon salt**
- **1/4 cup tepid water**

Directions

Blend sesame seeds in a blender and grind until smooth. Add sesame oil, salt, and then slowly add 1/4 cup of water while blending.
Blend until completely smooth.

Yield: 1/2 cup

Note: Sesame seeds turn rancid quickly, so make certain yours are fresh. Be sure to store them away from light and heat and use quickly.

Lorbak Sauce

Ingredients

- **2 tbsp dark soy sauce**
- **2 tbsp castor sugar**
- **1/8 tsp Chinese five spice powder (ng heong fun)/ Ngo hiong hun**
- **1/8 tsp salt**
- **4-5 tbsp water**
- **1/2 tsp corn flour or tapioca flour**
- **1 egg white, lightly beaten**

Directions

Combine all ingredients in a small saucepot. Bring to a low simmering boil over a gentle heat and cook for 1½–2 minutes. Stir occasionally until sauce turns smooth. Add in egg white and stir with a fork to form fine strands. Set aside to cool then use

India Meat Dishes

Kashmiri Gustaba

Ingredients



- **750 gms lamb, lean (or mutton)**
- **250 gms lamb fat (less for the fatty lamb available in the U.S.A.)**
- **2 tsp. cayenne**
- **2 tsp. fennel seed**
- **1 tsp. ginger powder**
- **1 tsp. coriander powder**
- **2 tsp. Kashmiri garam masala**
- **1/2 C. yoghurt**
- **2 Tbs. ghii**
- **1 tsp. sugar**
- **1/2 C. khoya**
- **1 C. milk**
- **2 tsp. pepper, black**
- **4 cardamoms**

Directions

1. **Chop the meat, fat, cayenne, fennel, ginger, coriander, and 1 tsp. garam masala with a food processor. Keep chopping, adding a little yoghurt and ghii, until the meat is a smooth paste.**
2. **Form into balls 1.5-2 inches in diameter.**
3. **Heat remaining ghii in a pan. Add sugar, khoya, yoghurt, garam masala, and salt to taste.**
4. **Pour in the milk, add the koftas, and simmer until the liquid evaporates and the koftas are very tender.**

Sag Paneer

(Creamed CurriedSpinach with Cheese)

Ingredients

- **1/2 cup water**
- **1 lb. fresh spinach, washed, de-stemmed, coarsely chopped**
- **3 T ghee or butter**
- **1 T finely chopped ginger**
- **1/2 c. finely chopped onion**
- **1 t salt**
- **1/4 t ground cumin**
- **1/4 t turmeric**
- **1/2 t ground coriander**
- **1/2 t garam masala**
- **1 cup cheese (paneer), cut into 1-inch cubes**

Directions

Combine 1/2 of the water and a handful of the spinach in a jar of a blender. Blend at high speed for 30 seconds. Keep adding spinach until about half is blended. Add a little more water, if necessary, to puree.

In a large skillet, heat the butter over moderate heat. Add the ginger and saute for one minute. Add the onions and salt and continue sauteing for 5 more minutes.

Stirring after each addition, add the cumin, turmeric, coriander, and garam masala. Then stir in the leafy and pureed spinach. Reduce the heat and cook the mixture uncovered, for 20 to 30 minutes. Most of the liquid should evaporate. At the last minute, gently add the paneer. Serve hot.

Cauliflower Chicken

Ingredients

- **1/4 cup red lentils**
- **1/2 green capsicum, diced**
- **1 cup hot chicken stock**
- **1/2 small onion, diced**
- **1/4 head cauliflower, cut into small pieces**
- **1/2 cup sultanas**
- **1 grated carrot**
- **1 1/4 cups tomato puree**
- **1 tspn curry powder**

Directions

Microwave lentils and stock in covered bowl for 5 minutes, stirring after 3 minutes (or cook classically). Add the vegetables and sultanas. Stir throught he tomato puree and curry powder. Cook on 100% power for 8 minutes, or on stove top for 30 minutes. Allow to stand for 3 minutes before serving with herbed rice.

Chicken Makhani

Ingredients

- **2 pounds of (bony) chicken**
- **1 cup yogurt (dahi)**
- **1" piece of ginger**
- **8 cloves garlic**
- **2 tbs lime juice**
- **4" stick of cinnamon**
- **8 cloves**
- **8 cardamoms**
- **10 black peppercorns**
- **1 tbs oil**
- **2.25 pounds tomatoes**
- **1 tsp. dried fenugreek leaves (optional)**
- **1 tbs. white pepper powder (essential)**
- **1 ounce cream (optional but recommended for a touch of class)**
- **1 !!pound!! butter. You can get away with 0.6 lb if 1 lb is too much.**
- **salt to taste**
  if you use yellow butter, then scale down the salt accordingly. If you use white butter, then you will need more salt.
- **coriander (cilantro): optional topping.**

Directions

1.clean chicken and remove the skin
2.make a smooth paste of yogurt, garlic, ginger, lime juice, cinnamon, cloves, cardamoms, peppercorns and the oil. Marinate the chicken in this for 6 hours.
3.Bake the chicken in a preheated oven for 10 minutes at 250 F (130 C). Put it aside. It kind of makes sense to finish steps 1-3 before starting step 4.
4.We need to get a tomato sauce. Cut tomatoes, put 'em in a pan (no water) and boil. When the quantity has dropped by half, strain through a fine sieve. What comes out of the sieve is the tomato sauce. (This is hard work with a clumsy sieve).
5.Take a pan, start heating the sauce, add the butter. When the butter is melted, add the white pepper powder, salt, fenugreek leaves and cream.
6.Mix the chicken pieces into this sauce. You may like chopped coriander (cilantro) as topping. Serve hot. This works best with good rice (i.e. basmati).

Comments:
If you don't like struggling with chicken bones, this recipe works perfectly with boneless chicken. You need to estimate how much boneless chicken to use: I guess 2 pounds of chicken is around 1.25 pounds of boneless chicken.



Fish Korma

Ingredients

- **Fish 1 kg**
- **Yogurt 1/2 cup**
- **Onion paste 1/2 cup**
- **Ginger paste 2 tsp**
- **Garlic paste 1 tsp**
- **Coriander paste 1 tbsp**
- **Cardamom 6**
- **Cinnamon, 1" 2 pieces**
- **Salt 2 tsp**
- **Ghee (oil) 3/4 cup**
- **Green chilli 6**
- **Kewra (Eng?) 2 tbsp**
- **Sugar 1 tbsp**
- **Lemon juice 1 tbsp**

Directions

1.Use large fish for korma. Do not cut the fish into too small pieces.
2.Except for the green chillis and kewra, add all the rest of stuff into the cooking dish. Mix well. Heat covered in low heat. Turn over the fish once (be careful). When the water has almost dried up, add the green chilli and the kewra heat for another half hour in very low heat.
3.When the oil begins to float on top, you are done.

Tikya Kebab

These are great at barbecues, and as a snack, starter or main course, and are familiar friends at the Indian restaurant. You should get about eight kebabs from this mix. Serve with salad, lemon wedges and tandoori chutney.

Ingredients

- **1 oz (25 g) channa dhal, split**
- **8 oz (225 g) fatless stewing steak**
- **1 brown cardamom, ground**
- **1/2 large onion, chopped**
- **1 bay leaf**
- **1 inch (2.5 cm) fresh ginger, chopped**
- **1/4 teaspoon black pepper, ground**
- **1 large clove garlic, chopped**
- **salt to taste**
- **1/2 teaspoon paprika**
- **ghee or oil**
- **1/2 teaspoon garam masala**
- **1 egg yolk**
- **1/4 cup chopped fresh coriander or parsley**
- **fine breadcrumbs**

Directions

1.Soak the dhal overnight, then boil in twice its volume of water. Strain off any excess water.
2.Put the meat, onion, ginger, garlic and spices through a mincer. Mix well and add salt to taste.
3.Add the dhal to the mixture, and fry in a little ghee for 20 minutes. Add a *little* water if it dries up too much. Leave aside for about 3 hours or overnight to thicken and dry.
4.The next day, or when ready, add the egg yolk, and, if it doesn't hold together, add gram flour to thicken or water to thin. Add fresh coriander or parsley.
5.For Seekh Kebabs roll mixture in breadcrumbs to sausage shapes. Skewer them

and cook over charcoal (best), under the grill, or fry in a frying pan.
6.For Shami Kebabs, roll into balls, coat in breadcrumbs and deep-fry.
Yields: About 8.

Chicken Pullao



Ingredients

- **2 large Onions cut lengthwise**
- **2 large Chilies cut lengthwise**
- **2 c Basmathi rice (about 1/2 kg. (1 kilogram = 2.2lbs))**
- **1 large Tomato (cut into small pieces)**
- **10-15 Coriander leaves**
- **5 Mint leaves**
- **1 clove Garlic**
- **1" piece Ginger**
- **1/2 cup Coconut powder**
- **3 tsp Salt**
- **3-4 Cloves**
- **2 Cardamom**
- **1 Bay leaf**
- **1" Cinnamon stick**
- **1 c Yogurt**
- **2 tblsp Butter**
- **1 lb. Boneless chicken**

Directions

Heat vessel with butter. Fry bay leaves, cloves, cardamom and cinnamon. Put onions and chilies in vessel and fry on low heat until onions turn brown. Add ginger + garlic paste and fry until oil separates. Add tomato and fry for 1 minute. Add chicken + salt + yogurt and fry for one minute. Add mint + coriander leaves. Cover and cook until the gravy becomes semi-solid.

Cook rice in a separate vessel. Put rice into chicken and mix (It is advisable to cook rice about 3/4 ths and then let it cook with the chicken). Remove and serve

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Prawn Curry

Ingredients

- **1/2 kg = 1.1 lb. Prawns**
- **2 Onions diced into small pieces**
- **1/4" Cinnamon stick**
- **1/4 tsp Chili powder**
- **1/2 tsp Dhania powder**
- **1/4 tsp Garlic powder**
- **1/2 tsp ginger powder**
- **1 bunch Fresh coriander**
- **1 tsp Salt**
- **1/4 tsp Turmeric powder**
- **1 tblsp Oil**

Directions

Clean the prawns and squeeze out the water. Add chili, dhania, garlic, ginger, turmeric powder, salt and mix well. Boil prawns on low heat. Add 1 teaspoon of oil to the boiling prawns. When water evaporates and the prawns are dry remove from the stove. Heat the oil and put in the cinnamon. Add prawns and fry for 2 minutes. Add onions and fry until they turn brown. Sprinkle on coriander leaves, remove from the heat and serve.

Coriander Fish (Bharia Machli)

Ingredients

- **4 lb Sole, flounder, rock cod, or any other white whole fish**
- **8 cloves Garlic**
- **3 Hot chilies (optional) (or cayenne)**
- **1" piece Ginger**
- **1 medium bunch Coriander**
- **1 T Coriander seeds**
- **1 t Brown sugar**
- **1 t Turmeric**
- **1/2 t Black mustard**

- **1/2 t Fenugreek seeds**
- **1 T Salt**
- **1/2 c Lemon juice**
- **1/2 c Vegetable oil**
- **2 c Chopped onion**
- **1 c Chopped tomato**
- **1/2 t garam masala**

Directions

Preheat oven to 400 deg F. Wash and pat fish dry. Sprinkle 1 t salt inside and set aside. Blend garlic, chili, ginger, 1/2 the coriander, coriander seeds, brown sugar, turmeric, mustard seeds, fenugreek seeds, salt and lemon juice until it all becomes a smooth paste (Add some water if needed).

Fry onions until they are soft and golden brown. Add the blended Masala and cook until most of the liquid is gone, and it starts to leave the sides of the pan. Add the tomatoes and garam masala. Fry for 2 minutes more and remove.

Coat one side of fish, stuff 1 1/2 cups inside. Close opening, spread the rest of the Masala over it. Cover tightly and bake for about 25 minutes. Grill for 1-2 minutes in the broiler, and sprinkle on the remaining coriander. Serve.



Mughlai Chicken With Almonds

Ingredients

- **1" piece Ginger**
- **8-9 cloves Garlic**
- **6 tblsp Blanched Almonds**
- **7 tblsp Vegetable oil**
- **1" Cinnamon stick**
- **2 Bay leaves**
- **5 Cloves**
- **10 pods Cardamom**
- **2 medium Onions (cut into small pieces)**
- **2 tsp Ground cumin seeds**
- **1/8-1/2 tsp Red pepper**

- **7 tblsp Yogurt**
- **1 small carton Whipped Cream**
- **1/4 tsp garam masala**
- **2-2 1/2 lbs Chicken boneless (2 trays of holy farms)**
- **2 1/2 tsp Salt**
- **one bunch Coriander leaves**

Directions

Grind the ginger, garlic, and almonds with water. Heat oil in a non-stick pan, and fry the chicken until it turns golden brown. Keep it aside and drain the oil. Heat some oil and add the cardamom, bay leaves and cloves and fry until the bay leaves turn brown. Add the onions and fry for a few minutes.

Pour the paste from the blender and fry for a couple of minutes until the oil separates. Add 1 tablespoon of yogurt and fry for 30 seconds. Keep adding tablespoons of yogurt and fry until you get a consistent mixture. Add the chicken, whipped cream and salt and cook gently (low heat) for 20 minutes. Add garam masala and coriander leaves and cook for another 10 minutes.



Malai Chicken

Ingredients

- **1 Tray chicken**
- **1 Chopped onion**
- **1 small can Tomato paste**
- **1 Red Chili**
- **2 Cloves**
- **2 Cardamom**
- **1/2" Cinnamon stick**
- **1 Bay leaf**
- **1 carton Light whipping cream**
- **1 tsp Dhania powder**
- **1/2 tsp Cumin powder**
- **1 tsp garam masala 1-1 1/4 tsp Chili powder**
- **1/2" piece Ginger made into a paste**
- **6 cloves Garlic (made into paste)**
- **Fresh coriander**

- **to taste Salt**
- **Turmeric**

Directions



Heat oil. Add red chili, cloves, cardamom, cinnamon stick, and bay leaf, and cook until the bay leaf turns golden brown. Add the onion and fry for two minutes. Add the ginger garlic paste and fry for 4 - 6 minute. Add the chicken and fry for 5 minutes. Sprinkle in chili, dhania powder, cumin powder and turmeric.

Cover chicken + salt (add water if needed) and cook for around 15 minutes until 3/4 cooked. Add can of tomato paste and cook on low heat. Just before removing, add the whipping cream and cook for a few minutes. Add garam masala and coriander leaves Remove after a couple of minutes.

Chicken Curry North Indian Style

Ingredients

- **1 lb Chicken-drumsticks, thighs, breast pieces**
- **1 small carton Plain yogurt**
- **2 medium Onions very finely chopped**
- **4 tbl Vegetable oil**
- **2 Cloves**
- **1/2 tsp Mustard powder**
- **2 pods Cardamom**
- **1/2 tsp Cumin powder**
- **1 tsp garam masala**
- **1 tsp Chili Powder**
- **1/2" piece Ginger**
- **4 cloves Garlic**
- **1/3 tsp Coriander Seeds**
- **to taste Salt**
- **1/2 tsp Freshly ground pepper**

Directions

Remove fat from the chicken and then salt and pepper it. Sprinkle with chili powder. Add yogurt and mix well until the chicken is covered liberally with yogurt. Use your hands. Set aside for 1 hour before cooking. If kept in the refrigerator, set aside for at least 4 hours.

Heat oil in a large heavy pan. When oil is hot, add mustard seeds, if you are using them. Add cloves, cardamom, and coriander seeds and fry for 30 seconds. Add the onion and fry for two minutes until the onion beings to turn brown. Lower heat to medium. Add the ginger and garlic paste and fry for 4-6 minutes. Add mustard powder, if using it, add garam masala, and add cumin powder.

Brush excess yogurt off the chicken and put it in a large pot. Add ingredients from the frying pan. Cook uncovered over high heat for 4 minutes. Reduce heat to low and cover. Cook for 25 minutes or until the chicken is tender, stirring every 5 minutes.

Important note:
--------------- When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely, if there is too much liquid in the pot, cook uncovered until the liquid evaporates. **Variations:**

There are several variations to the above recipe:

1.) Leave out the yogurt. Add 1/4 cup of water just before turning the heat to low and covering the pot.

2.) Boil two potatoes for 10 minutes before slicing them thinly. Add sliced potatoes to the pot when you start cooking the chicken.

3.) This variation is usually called "Malai Chicken" or literally "creamy" chicken. Leave out the yogurt. When the chicken is 3/4 done, add one small can of tomato paste. Just before removing add a small carton of whipping cream, and cook for a few minutes.

Chicken Curry (Murga)

(4-6 Servings)

Ingredients

- **2-2 1/2 lb Skinned chicken**
- **1 t garam masala**
- **3 t Salt**
- **1 c Finely chopped tomato**
- **1/4 c Vegetable oil**
- **1/2 c Water**
- **1 1/2 c Finely chopped onion**
- **1 1/2 t Fresh ginger, chopped**
- **1 t Finely chopped garlic**
- **1 t Vinegar**
- **1 Dried chili (optional)**

Directions



Cut chicken, separate legs and thighs, back and split breast. Heat oil over high heat. Add onions and fry until golden brown. Take care not to burn them. Add garlic, ginger and tomatoes. Fry until a smooth paste is obtained. Add chicken, add water, bring to a boil, and add salt. Cover pot and lower heat. Add chili to make it hot if desired. Stir constantly to avoid burning and coat the chicken pieces evenly.

After the chicken is done, add vinegar and cook for another 5 minutes on very low heat. Sprinkle on garam masala and serve.

Tandoori Chicken

(2-3 Servings)

Ingredients

- **6 pieces Thawed chicken, skinned**
- **2 tsp Ground Coriander**
- **2 tsp Masala (Tandoori paste is available)**
- **to taste Red pepper powder**
- **Dash Garlic powder**
- **to taste Salt**
- **1 tsp Ground jeera**
- **Soy sauce (or yogurt) (needed only if tandoori masala is used)**

Directions

If you are using the ready made tandoori paste then life is a lot easier. Replace all occurences of masala and soy sauce (or yogurt) with the tandoori paste.

Take the chicken and make *deep* cuts in it (so that the Masalas seeps in quickly). If you are using soy sauce as the base, put some on the chicken pieces and let it seep in the cuts.

Rub in the Masalas as a mixture or one at a time. The idea is to let the Masalas seep in the cuts with the soy sauce. You can leave it for little while to seep in.

If you are using yogurt, you'll get a more authentic taste since the original TC is after all marinated in it. In this case, mix the Masalas in the yogurt first and then rub the stuff into the chicken cuts as before. The yogurt tends to leave a considerable amount of water behind. DON'T THROW THIS AWAY. Let it evaporate in the oven with the chicken. This will keep the pieces from getting dry if over-cooked. I have not faced the same problem with the soy sauce version (of dry chicken).

Cook the chicken until it starts turning brown. and the cuts you made start "expanding."



Bombay Duck Chili Fry

Serves 4

Ingredients

- **8 Bombay ducks (see note below)**
- **1/2 cup Oil**
- **2 Medium onions, finely sliced**
- **2 clovesGarlic, finely chopped**
- **3 Dried chilies, seeded and broken into pieces**
- **Lemon juice and salt to taste**

Directions



Cut the Bombay ducks into 5 cm lengths.
Heat oil in a small pan and deep fry the pieces.
Take them out and drain them.
Pour off oil, leaving about half the original amount.
In it, fry the onions and garlic until onion is soft and golden.
Add chilies and fry for 2 or 3 minutes longer.
Return the Bombay duck pieces and stir fry for a minute.
Add lemon juice and salt to taste.
Serve hot or at room temperature.
Note : Bombay duck is not a bird, despite its name. This is a variety of fish that is salted and dried. It is sold in packets. Deep fried or grilled, it is served as an accompaniment to a meal or rice and curry, and should be nibbled in little pieces.

Mulligatawny



Ingredients

- **1 kg Mutton**
- **1 small coconut**
- **3 tbs. channa dal**
- **1 onion**
- **8 cloves garlic**
- **1 inch ginger**
- **1 tbs. ground pepper**
- **1 tbs. whole jeera**
- **1 tbs. mustard seeds**
- **1 tbs. poppy seeds**
- **1 tbs. coriander powder**

- **2 curry leaves**
- **1/2 tsp. turmeric powder**
- **3 green chillies**
- **2 tbs. of oil**
- **2 tsp. of salt**
- **2 cups of water**

Directions

Grate the coconut and make 1 cup of thick milk and 2 cups of thin coconut milk. Peel ginger and garlic. In a mixie, grind the garlic, ginger, pepper, jeera, poppy seeds and curry leaves into a fine paste with 2 tbs. of water. Chop the onions and green chillies finely. Cut mutton into 1 inch cubes. Roast channa on a tava for 3 minutes. In a saucepan, heat water and the thin coconut milk. Add mutton and channa. Bring to a boil, lower the heat and simmer for 30 minutes on a low flame. Spoon the mutton onto a plate and strain the soup into a fresh pot. Ensure that the channa strains into the soup as a thick liquid. In a frying pan, heat oil. Add onions, curry leaves and fry for 5 minutes. Lower the heat and add mutton. Fry for 5 minutes and add to the soup. Bring to a boil, add salt and simmer for 10 minutes. Add the thick coconut milk and heat gently for 5 minutes without allowing it to boil. Serve hot.

Creamy Prawn Soup

Ingredients

(Serves - 4)

- **Unshelled prawns - 250 gms**
- **Butter - 2 tbs.**
- **Onion (medium) - 1**
- **Clove - 1**
- **Garlic - 1**
- **Basil - 1/4 tsp.**
- **Chicken cube - 1**
- **Tomato puree - 2 tbs.**
- **Flour - 1/3 cup**
- **Cream - 1/2 cup**
- **Water - 5 1/3 cups**
- **Salt to taste.**

Directions

Wash prawns thoroughly. Heat 5 cups of water in a medium saucepan, and add prawns. Bring to a boil and lower heat. Simmer uncovered for 20 minutes. Remove from flame. Strain liquid and reserve. Shell and devein prawns. Chop onion finely. Peel and chop carrot roughly. Crush garlic and chop deveined prawns finely.

In a large saucepan, heat butter. Add onion, carrot and garlic and fry on medium flame for 3 minutes. Add prawn stock, basil, chicken cube, salt, and tomato puree. Bring to a boil, lower heat and simmer uncoverd for 5 minutes. Remove from flame and blend in batches in a mixie until smooth. Return to flame. In a bowl, mix flour and 1/3 cup water into a smooth paste. Add to soup, stirring constantly. Bring to a boil and allow soup to thicken. Lower heat and stir in cream and half the prawns. Heat gently for 5 minutes without allowing the soup to boil. Serve hot garnished with remaining prawns.

India Vegie Dishes

Not strict vegie...some recipes have eggs, milk and cheese products

Eggs in Spicy Almond Sauce

Ingredients

- **1 oz blanched slivered almonds**
- **2 tsps whole cumin seeds**
- **2 tbsps white poppy seeds**
- **1 tsp ground coriander seed**
- **1 whole dried hot red pepper**
- **5 tbsps vegetable oil**
- **3 whole cardamon pods**
- **1 medium onion, finely chopped**
- **4 cloves garlic, finely chopped**
- **¾" fresh ginger, finely chopped**
- **2 fl oz yoghurt**
- **2 fl oz spicy tomato sauce**
- **1 tsp salt**
- **4 fl oz single cream**
- **1 tbsp lemon juice**
- **½ tsp garam masala**
- **4 hard- boiled eggs cut in half**

Directions

1. **Put the almonds in a small heavy frying pan and stir over a medium to low heat until lightly browned. Pulverize in a grinder and remove.**
2. **Put 1 tsp cumin seeds, poppy seeds, coriander seeds and the red pepper into the frying pan. Dry roast over a medium low heat until the poppy seeds darken, then grind the spices.**
3. **Heat the oil in a 7-8" frying pan over a medium flame. When hot put in the remaining cumin seeds and the whole cardamon pods. Stir and fry for a few seconds then add the onion garlic and ginger. Stir and fry for about five minutes until lightly browned.**
4. **Put in 1 tbsp of yoghurt and stir and cook for about 30 seconds until the yoghurt is gradually incorporated into the onion mixture.Add the remaining yoghurt 1 tbsp at a time in the same way. Then add the tomato sauce in the same way.**
5. **Put in the ground spices and stir for 10 seconds. Put in the ground almonds and stir for 10 seconds more. Add 8 fl oz water and the salt. Simmer , cover and reduce heat.Simmer gently for 5 minutes.**
6. **Add the cream, lemon juice and garam masala. Stir to mix. Simmer on a low heat for 4-5 minutes. Put the eggs into the sauce. Spoon some of the sauce over them and simmer gently for 7-8 mins, spooning the sauce over the eggs often.**
7. **Seve with rice or bread and a green salad.**

Chick Pea Pancakes (Pudla)

Ingredients

- **1 1/4 c. chick pea flour**
- **1/2 t salt**
- **1/2 t cayenne pepper**
- **1 small red onion, very finely chopped**
- **2 -inch piece of ginger, very finely chopped**
- **4 jalapenos, very finely chopped**
- **5 garlic cloves, minced**
- **2 T chopped cilantro**
- **3 T oil**

Directions

Place chick pea flour in a large mixing bowl. Add 1 cup water and stir to make a smooth batter. Add the salt, cayenne, onion, ginger, chiles, garlic, and cilantro. Mix well and set aside for 15 minutes.

Place 1/2 t of oil in a large skillet (preferably non-stick) over medium heat. Stir once and place about 1/3 cup batter into center of skillet. Tilt pan to spread (as if making a crepe). Cover and cook for 3 minutes. Turn over and cook, uncovered, for one more minute; should be golden. Repeat with remaining batter, stirring before using.

Dal Kofta Curry (Steamed Toor Balls in Buttermilk)

Ingredients

For kofka balls:

- **1 cup Toor dal* *toor dal is also known as toovar dal**
- **1/2" piece ginger**
- **4 green chilies**
- **2 cloves garlic**
- **1 small onion**
- **1 handful cillantro leaves (optional) For Curry:**
- **4 cup buttermilk or yoghurt**
- **4 green chilies, finely chopped**
- **1 " piece ginger, grated or finely chopped**
- **1 teasp. each ground coriander, cumin, channa dal [roasted if desired]**
- **1/4 teaspoon fenugreek**
- **1/2 teaspoon turmeric**
- **1/4 cup, approx.desiccated unsweetened coconut, ground if desired For flavored oil:**
- **2 tablespoon oil**
- **1/2 teaspoon black mustard seeds**
- **a few curry leaves**

Directions

1. Wash and soak toor dal for a few hours. Drain and grind to a course paste along with onion, ginger, garlic, and chilies. (I do this by chopping the large ingredients and blending with the dal in batches. Add enough water so the blender pastes, but not so much that it turns to watery mush.) Mix in salt and (optionally) cillantro

leaves. Form into balls and steam 20 minutes. Remove from heat and cool balls. They will obtain a somewhat rubbery texture as they cool.

2. Gently heat buttermilk/yogurt in a pan. Add spices (ground coriander, cumin, channa dal, fenugreek, turmeric) and enough dried coconut to give a nice flavor and slightly thicken the sauce. (I add all these ingredients to a coffee grinder and grind to a powder.) Add ginger and chilies. Add salt to taste. Adjust spices. It will taste like it's missing something until you add the flavored oil.

3. Carefully place kofta balls into sauce.

4. Heat a little oil in a separate frying pan over medium heat, add mustard seeds and curry leaves. When mustard seeds stop bursting, add oil into the curry. You may want to partially cover pan to prevent seeds from popping grease all over your kitchen.

If you use non-fat yogurt, there is only 2 T oil in the whole dish!

Enjoy.

Bengali Eggplant with Mustard Seeds

Ingredients

- **1 large eggplant--1 to 1 1/2 pounds, tip cut off and cut into 1" cubes**
- **1 1/2 T black mustard seeds, powdered in a coffee grinder**
- **1 C+ water**
- **1/4 t cayenne pepper**
- **4-5 T mustard oil**
- **1 T panch pharon mix (equal parts of whole cumin, fennel, fenugreek, mustard, kalunji seeds)**
- **1 C yogurt**
- **1 1/2 t salt**
- **sprinkle black pepper, cardamon powder (optional)**

Directions

Soak ground mustard seed and cayenne in one cup of water. Cut up eggplant into cubes. Heat mustard oil, put in panch pharon mix and after a few seconds add the black mustard/cayenne water. This will splatter so have a cover ready. Add eggplant

and cook. You will probably need to add additional water as the eggplant cooks to keep its level about the same, perhaps another cup. Cover it for the last ten minutes.

When the eggplant is cooked add a cup of yogurt and the salt, mix and heat up yogurt, but do not boil.

Sprinkle a tiny bit of black pepper and cardamon over the top if you want.

This dish also tastes good cold the next day.

Indian Chickpeas

Here is one of our favorite "vegetarian dish". We always include it to our menu for an indian dinner.

Ingredients

- **250 gr of chickpeas (1 cup)**
- **2 Tbsp vegetable oil**
- **1 oinon chopped**
- **2 cm cinnamon stick**
- **4 cloves**
- **2 garlic cloves, squashed**
- **2 cm fresh ginger, chopped**
- **1 green chili pepper, finely chopped**
- **2 tsp ground coriander**
- **3/4 cup of chopped tomatoes (from a can)**
- **1 tsp garam massala**
- **1 Tbsp cilantro, chopped**

Directions

Soak chickpeas overnight, rince, cook in water until tender. Drain, KEEP THE COOKING LIQUID!

In a frying pan, heat the oil, fry oinon until golden. Add cinnamon and cloves, cook a few seconds. Add garlic, ginger, chili pepper, ground coriander and cook 5 minutes, stirring. Add tomatoes, with the juice and cook until all liquid has evaporated.

Add the chickpeas to the pan, mixe well, cook 5 minutes. Pour the cooking liquid of the chickpeas and simmer for 25 minutes, until all the liquid is gone.

Sprinkle with the garam massala and cilantro.

Can be served hot of cold.

Gobi Aloo
(Cauliflower And Potatoes)

This recipe livens up ordinary cauliflower and potatoes into something quite different.

Ingredients

- **1 Large cauliflower**
- **3 Medium sized potatoes**
- **1/2 large Onion sliced thinly in long slices**
- **1 tsp Mustard seeds**
- **2 or 3 pods Cardamom**
- **1 tsp Coriander**
- **1 tsp Cumin seeds**
- **1/2 tsp Turmeric**
- **1 Bayleaf**
- **3 Cloves**
- **3 tblsp Vegetable Oil**

Directions

Start boiling the potatoes in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a collander.

While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves.

Mix around for a while and then add onions. Wait until the onion starts to turn before adding the rest of the spices (except for turmeric).

Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir.

Continue stirring the vegetables under medium heat for another couple of minutes. Add 1/2 cup of water and reduce heat to low. Cover skillet and let cook for 5 minutes.

Check tenderness of vegetables. If they are still too hard, add another 1/4 cup of water and cover again for 5 minutes.

Salt to taste and serve.

Masaledar Sem
(Spicy Green Beans)

(Serves 6)
This recipe is guaranteed to spice up an ordinary meal. It also goes well with plain rice and meat or chicken that has been prepared simply.

Ingredients

- **1 1/2 lb. Green beans (Trim the ends and then cut the beans in half crosswise.)**
- **1 1/2" long and Fresh ginger (Peel and chop coarsely.) 1" thick piece**
- **10 cloves Garlic peeled**
- **1 cup Water**
- **4 tblsp Vegetable oil**
- **3 tsp Whole cumin seeds**
- **2 tsp Ground coriander seeds**
- **2 medium Tomatoes, peeled (put tomatoes in very hot water for a few seconds, peel off the skin and finely chop.)**
- **to taste Salt**
- **Freshly ground pepper**
- **3 tblsp Lemon juice (or to taste)**

Directions

Put ginger and garlic into a food processor and add 1/2 cup water. Blend until fairly smooth.

Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds. Stir for half a minute. Pour in the ginger-garlic paste. Stir and cook for about two minutes. Put in the coriander and stir a few times.

Put in the chopped tomatoes. Stir and cook for 2 minutes while mashing the tomato pieces with the back of a slotted spoon. Put in the beans and salt and one cup of water and simmer them. Cover, turn heat to low and cook for 8-10 minutes or until the beans are tender.

Remove the cover. Add the lemon juice and a generous amount of freshly ground pepper.

Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

Vegetable Kurma

Ingredients

- **2 cups Vegetables**
- **2 Onions cut length-wise**
- **2 Green chilies cut length-wise**
- **1 tsp Coriander powder**
- **1 1/4 tsp Salt**
- **one pinch Turmeric powder**
- **1/2" Cinnamon stick**
- **2 Cloves**
- **2 Cardamom**
- **2 tblsp Coconut powder**
- **1 tsp Khus-Khus (poppy seeds)**
- **1/4 tsp (3 cloves) Garlic**
- **1/4 tsp powder (or 1/2" fresh) Ginger**

Directions

Put a reasonable sized vessel on the range and heat oil. Add cinnamon, cloves and cardamom and fry for 2-3 minutes. Add onions and green chilies and fry till onions turn brown. Add garlic + ginger paste and fry for a minute or so. Add vegetables and fry for about 3 minutes. Add Water (about a cup or two). Let the vegetables + turmeric powder cook.

If you are using canned or frozen vegetables skip the above step.

Add coconut paste, khus-khus, salt and wait until cooked.

(Note: Cook on low heat.)

Vegetable Curry

Ingredients

- **1 cup Vegetables**
- **1/4-1/2 tsp Coriander powder**
- **1/8-1/4 tsp Chili powder**
- **1/8-1/4 tsp Garlic powder**
- **1 tsp Salt**
- **1 large Onion**

- **1/4-1/2 tsp Mustard seeds**
- **1/8 tsp Urad Dal**
- **1/4-1/2 cup Tomatoes-crushed**

Directions

Mix the garlic, coriander and the chili powder along with salt and place it aside.

Pour about 2 tablespoons of oil in a pan and heat. Add mustard seeds and urad dal. The mustard seeds will split and the oil may spill. Be careful when you are doing this. Wait until the mustard seeds stop making any noise. Add onions and fry until the onions turn brown. Add the vegetables, the mixture of step 1 and the crushed tomatoes.

Fry for about 5 minutes, if you are using canned vegetables. Otherwise cover the pan and let the vegetables cook. (This might take about 10-15 min.)

Green Pepper Curry

Ingredients

- **2 large ones Green Pepper**
- **1/4 tsp Chili powder**
- **1/8 tsp Turmeric powder**
- **1/2 tsp Dhania powder**
- **1 tblsp Coconut flakes**
- **1 tsp Khus Khus (poppy seeds)**
- **1 small bunch Fresh Coriander leaves**
- **2 small Tomatoes**
- **2 Onions**
- **2 tblsp Oil**
- **1 small piece Vadium (Vadium is a combination of various spices)**
- **1 1/4 tsp Salt**

Directions

Cut the green peppers, onion and tomatoes lengthwise. Grind chili-powder, turmeric, dhania powder, coconut and poppy seeds.

Heat oil and add vadium. When vadium turns brown, add onions and fry for 4 minutes. Add tomatoes and fry for 2 minutes. Add green pepper and Masala. Add coriander leaves.

Cook on low heat (should take around 15 minutes).

Dry Potatoes
(Sookha Aloo)

(4-6 Servings)

Ingredients

- **4 medium size Potatoes**
- **2 t Cumin seeds**
- **1 t Salt**
- **2 t Mango powder**
- **1/4 t Hot pepper**
- **2 t garam masala**
- **Oil (to fill pan to 2")**

Directions

Boil potatoes until cooked but not overdone. Peel and cut into 1/2" cubes.

Heat oil very hot, add and brown cumin seeds. Add potatoes and fry until they are golden brown. Add the remaining ingredients, and fry for 2-3 minutes or more. Remove from oil with a slotted spoon.

Serve hot.

Tips: Use enough oil so that the potatoes will not need to be stirred often. This avoids breaking them up.

Nedar and Haaq in Yakni
(Lotus Root and Greens In Curds)

Ingredients

- **2 5" long lotus roots**
- **1 bunch spinach or kohl greens**
- **4 kashmiri red chillies**
- **1 tsp. grated ginger**
- **1/2 tsp. grated garlic**
- **1/4 tsp. turmeric**
- **1/2 tsp. garam masala**
- **1/2 cups plain curds**
- **salt to taste**
- **2 tbsp. mustard (or other) oil**

Directions

1. Clean and chop roots into 1" chunks.
2. Boil till tender. (Pressure cook or in plenty of water).
3. Wash, drain and keep aside.
4. Clean and chop spinach into 1" pieces.
5. If using kohl greens, boil till half-tender.
6. Wash, drain and keep aside.
7. Heat oil, add ginger, garlic and stir for a minute.
8. Add chillies, stir. Add turmeric and salt.
9. Add curds and stir continuously till whitness is gone completely.
10. Add spinach roots and cook till gravy is almost semisolid.
11. Sprinkle garam masala, stir and remove from fire.
12. Serve hot with bread, kulcha or rice.

Alur Khosha Bhaja

Yield: 2 Servings

Ingredients

- **1 tb Besan**
- **1 c Potato peels, firmly packed**
- **1 tb Vegetable oil**
- **1 tb White poppyseeds**
- **1/8 ts Salt**
- **1 dash Cayenne**

Directions

Put besan in a paper bag & add potato peels. Close the bag tightly & shake until the peels are evenly coated.

Heat oil in a large skillet over medium-low heat. Add poppyseeds & saute gently until lightly browned. Add salt & cayenne. Add the peels & fry until they are a medium-brown & crisp. Stir constantly: this will take anywhere up to 15 minutes.

Remove from heat & serve hot or at room temperature.

Aloo-Pyaz Ka Parantha

Ingredients

- **1 Lb. Large russet potatoes boiled (that is 2 big potatoes or 4 medium sized)**
- **1 medium onion, finely chopped**
- **1 green chili, finely chopped**
- **1-inch piece ginger, finely chopped**
- **½ tsp. garam masala**
- **½ tsp. ground pomegranate seeds**
- **Salt, chili powder - to taste**
- **Ghee, or margarine to cook**

Directions

As a rule, 1 medium potato will make 1 Parantha.

To make filling, put peeled potatoes, onion, ginger, salt, chili powder, ground pomegranate seeds and garam masala in a bowl. Press potatoes with your hands and mix well with all other ingredients. Make 5-6 equal portions of the filling. The taste of Parantha depends on the amount of filling.

When ready to eat, Heat Tava and make a ball from dough. Roll out thickly, just a little larger than puri. Place filling in the center and close up carefully by bringing all edges together and making a ball again. Now roll into the ball and roll out as thin as possible without letting the stuffing break through.

Toss Parantha on Tava and cook. Change side. When cooked, flip over again. Now tap ghee lightly and flip one more time.. Press Parantha gently with your kitchen towel. This will make Parantha crisp and brown. Remove from Tava and put ¼ tsp. ghee on Parantha and serve hot. Repeat procedure until finished.

Ma-Chole Ki Dal Ka Parantha

Ingredients

- **1 ½ cup whole wheat flour**
- **1 cup leftover Ma-Chole ki Dal**
- **½ tsp. salt**

Directions

Mix all ingredients and knead for 2 minutes. Make a big roll, cover, and let it stand for 15 minutes. Tapping a little water, knead dough again for 3 minutes. Make a big roll again.

Make a ball and roll into the size of a puri. Spread little ghee all over and bring all edges together. Press to flatten. With the help of a little dry flour roll into thin round pancake. On a hot Tava, cook like a Parantha, that is browning with ghee on one side. Repeat procedure until finished.

Makes 8

Chane Ki Dal

Ingredients

- **1 cup Chana Dal**
- **6 Varia, broken**
- **4 cups water**
- **½ tsp. cumin**
- **2 tsp. ghee**
- **½ tsp. turmeric**
- **½ tsp. garam masala**
- **salt & chili powder - to taste**

Directions

Clean and wash Dal. In a pressure cooker fry varia with one tablespoon ghee for 2 minutes. Add Dal, water, turmeric, salt and chili powder. Close cooker and cook on high. When pressure builds up reduce heat to medium and cook for another 10 minutes.

In a small pan, fry cumin with ghee. Mix garam masala and pour it on Dal. Serve hot.

Serves 6

Makhni Maa

Ingredients

- **1 ½ cup Sabut Maa (urad) (whole black gram)**
- **½ cup Rajma (kidney beans)**
- **10 cups water**
- **1 Tomato chopped**
- **1 tsp. Tomato paste**
- **1 onion chopped**
- **¼ tsp. Hing (asafetida) -optional**
- **3 tbs. Sour Cream - optional**
- **1-inch piece ginger chopped or 1 tsp. Ginger paste**
- **6-cloves garlic or 1 tsp. Garlic paste**
- **1 stick butter**
- **½ tsp. Garam masala**
- **Salt and Red chili powder - to taste**

Directions

Clean and wash Sabut Maa and Rajma. Put Dal and beans in a pressure cooker and add water, ginger, tomato, garlic, salt and red chili powder. Place cooker on maximum heat and bring it to full cooking pressure. Now reduce the heat to medium low and cook for an hour. Do not take the steam out and leave the pressure cooker to cool gradually.

In a pan fry onions with ¾ butter till golden. Add tomato paste and sour cream. Cook for three minutes or till butter separates. Now put Hing and garam masala. Fry for another minute and pour the mixture into Dal.

Just before serving add the remaining ¼ stick of butter to the Dal. Serve hot with chapati or naan.

Slow Cooker Procedure

Another method to prepare Dals is to put them in slow cooker and forget about them. When I was working, I used slow cooker at least three times a week but now that I am at home, I don't use it as often. Using slow cooker is a habit and some people swear that Dals taste much better. I leave it to you to judge that for yourself

but I do recommend that you cook beans in slow cooker when you are entertaining. Consider it a tip for saving time and focusing on other dishes when you have too much on your hands.

Clean and wash sabat maa and rajma. Put Dal and beans in slow cooker and add water, ginger, tomato, garlic, salt and red chili powder. Place cooker on high and cook overnight (about 8 hours).

In a pan fry onions with 1 stick of butter till golden. Add tomato paste and sour cream. Cook for two minutes or till butter separates. Now put hing and garam masala. Fry for another minute and pour the mixture into Dal.

Indian Desserts

Kheer (Vermicelli Pudding)

What makes this dessert unusual is that it is not as sweet as most Indian desserts. It is fairly simple to make. Make sure that the vermicelli is very fine (angel hair pasta is ok but the very fine vermicelli that can be bought at chinese stores is the best).

Ingredients

- **1 stick Butter**
- **2 handfuls Very fine vermicelli**
- **4 cups Milk**
- **1 pint Whipping cream**
- **1 handful Raisins**
- **3 tblsp Sugar**
- **4 Almonds (optional) peeled and thinly sliced**

Directions

Melt butter in a 4 qt pot. Break vermicelli into 3" pieces. Over low heat stir vermicelli into butter until it turns light brown. Pour in the milk and stir over medium heat until it boils. Put in the raisins, almonds and sugar.

Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Remove from heat and, when cool, chill in the refrigerator before serving

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Rice Flour Pudding

(6 servings)

Ingredients

- **4 1/2 c Milk**
- **3/4 c Sugar**
- **2 oz Rice flour**
- **6-8 drops Rose water**
- **1 oz Almonds**
- **1/2 oz Pistachio nuts**

Directions

Blanch (optional) and shred nuts. Mix rice flour into the milk and mix until smooth. Cook over medium heat until a creamy consistency is achieved (20-30 minutes?). Simmer and add sugar and stir for 2-3 minutes more.

Cool (in refrigerator for 30 minute) add the rose water, almonds and pistachios (maybe before it cools). Pour into individual dishes and serve.

Besan Burfi

Ingredients

- **1 c Besan**
- **1 c Shortening**
- **1 c Sugar**
- **4 seeds Cardamom**
- **Nuts (optional)**

Directions

Melt shortening in a pan. Turn down heat and add cardamom and Besan. Fry, stirring constantly to prevent burning until it has changed to a brown color and smells done. (Test: a few drops of water sprinkled on it sputters instantly).

Turn off the heat and stir in the sugar. Spread 1/2" thick onto a platter. Cut into diamond shapes after it has cooled down.

Kheer 2

Ingredients

- **1/2 c Rice**
- **4 c Milk**
- **1/4 c Raisins**
- **3/4-1 c Sugar**
- **1 t Cardamom seeds**
- **1/4 c Shredded blanched almonds**
- **6-8 drops Rose water**
- **1/2 c Water**

Directions

Wash and drain the rice. Soak in 1/2 c water for 1/2 hour. Boil the rice in the same water until it is coated and the water dries up. Add the milk and simmer on low heat for 1 1/2 hours.

Scrape the sides and bottom frequently to prevent sticking and mash rice while stirring. When it is creamy, add sugar and stir in well. Remove from heat and add crushed cardamom seeds, rose water and shredded almonds.

Serve hot or cold decorated with silver or gold leaves (optional). [Silver/Gold leaves are very fine and tasteless.]

Gulab Jamuns (Easy Method)

Ingredients

- **1 c Bisquick**
- **2 c Carnation powder**
- **2 c Water**
- **1 1/2 c Sugar**
- **4 pods Cardamom**
- **few drops Rose water**
- **1/2 stick Butter (4 T)**
- **1/8 c Yogurt**
- **Milk**
- **Oil for frying**

Directions

Heat butter and pour in a bowl. Add Bisquick, carnation powder and yogurt and blend together. Knead well adding milk if necessary. Make a smooth ball, cover and let rest (30 minutes?). Make 12-14 small balls.

Heat the water, add sugar, bring to boil, add cardamom seeds and simmer. Boil, then simmer to reduce the water by half. Heat the oil until hot and fry the balls to a golden brown or until they are dark brown---almost black.

Soak in sugar syrup until they double in size (1 hour or overnight). Serve hot or cold.

Suji Halva (Semolina Halva)

(4-6 servings)

Ingredients

- **1/2 c Suji (semolina)**
- **1/2 c Sugar**
- **1/2 c Ghee**
- **1 1/2 c Water**
- **1 oz Sliced almonds**
- **1 oz Raisins**
- **8 Green cardamoms**

Directions

Boil sugar and water together for 5 minutes. Heat ghee add suji and stir on low heat until mixture becomes light creamy in color and ghee leaves the side of the pan. Add the syrup and stir briskly until it is absorbed in the semolina. Mix in crushed cardamom seeds, almonds, and raisins. Serve hot.

Sewian (Vermicelli)

Ingredients

- **2 c Sewian (vermicelli)**
- **3 1/2 c Milk**
- **3/4 c Sugar**
- **1/4 t Rose water (or 6-8 small cardamom seeds)**
- **Ghee**

Directions

Fry the sewian in hot oil until golden brown. Heat the milk to boiling and add the sewian. Cook until the milk is reduced by half. Add sugar and cook on low heat until creamy (about 25 minutes). Remove from the heat. Add in rose water. Decorate with blanched finely shredded almonds and pistachio nuts and silver leaves if desired.

Rasgoola

Ingredients

- **1 ltr Homogenized Milk**
- **2 tsp White Vinegar**
- **1 1/2 C Sugar**
- **3 C Water**

Directions

Bring the milk to a boil and add vinegar to the boiling milk to separate the whey. Throw away the liquid part by sifting the stuff onto a muslin cloth. Pour some cold water over the curd to cool and wash it. Discard the water and hang the cloth for 15-20 minutes to let the excess water drip off.

Put the curd in a food processor or blender and blend at high speed to get a smooth consistency. You may add just a little (1 tsp or so) water while blending, if the curd is too dry and will not blend. Be very careful so as not to add any extra water. Remove the paste and make small balls (1-2" in diameter).

Boil water in a wide vessel. Make sure that there is at least 2-3" of water in the vessel. If not, add more water and increase the quantity of sugar proportionately. Add sugar to the boiling water to make a light syrup.

Continue boiling the syrup and gently drop the curd balls in the boiling syrup. Cook the balls in the boiling syrup for 30-40 minutes. Remove from the heat and let the stuff cool down. Put the balls and the syrup in a storage container and refrigerate (don't freeze). Serve cold.

Mango Ice Cream

This is a great desert which can be made with very little effort. You can replace the Mango pulp with any other pureed fruit.



Ingredients

- **1 can Condensed Milk**
- **12 oz. Whipped cream(Cool whip)**
- **1 can Mango pulp (Alphonso)**

It is very confusing to describe quantities as 1 can. Well, I do not remember the exact numbers so let me describe the sizes. The Mango pulp can is about 6" high and 3" in diameter. I think it is the only size available in an Indian store. The condensed milk can is about 3" high and about 2.5" in diameter and should be available in your neighbourhood grocery store.

Directions

Mix all of the pulp, condensed milk and whipped cream in a bowl. Put in the freezer for about 8 hours.

Shrikhand

This is a simple Indian dessert from Western India, made with strained yogurt and flavored with cardamom, and saffron and garnished with almonds and pista. It is important to use freshly ground cardamom seeds.
Servings 4 to 6



Ingredients

1. **1 quart whole milk yogurt**
2. **1/3 cup powdered sugar**
3. **1/3 tsp. cardamom powder**
4. **few strands saffron**
5. **1/2 tbsp. pista & almond crushed**

Directions

Tie yogurt in a clean muslin cloth overnight. (6-7 hours).
Put the yogurt into a bowl, add sugar and cardamom and mix.
Rub saffron into 1 tbsp. hot milk, in a small bowl, until the color spreads and dissolved and add to the yogurt
Empty into a serving bowl, and garnish with nut crush.
Chill for 1-2 hours before serving.

Kheer

1 or 2 per person.

Ingredients

- 1/2 cup basmati rice
- 2 cups water
- 2 quarts milk
- 5 green cardamom pods ground
- 1 1/4 cups sugar
- 1/4 cup slivered blanched almonds
- 1/2 tsp. ground cardamom
- 1/4 tsp. ground nutmeg
- 1 Tbs. rose water

Directions



1 Wash the rice and boil in the water over medium heat for 5 to 6 minutes, until the rice is one quarter done. Drain in a colander.
2. In a saucepan, bring the milk and cardamom pods to a boil over medium heat. Add the rice and cook for 30 to 40 minutes, until the rice is soft and the milk is very thick. Stir occasionally at first and then constantly when the milk begins to thicken, to prevent the ingredients from sticking to the bottom of the pan.
3. Add the sugar, almonds, ground cardamom, and nutmeg and cook for another 5 minutes, stirring constantly.
4. Remove from the heat and set aside. Sprinkle with the rose water.
5. Serve warm or chilled in dessert bowls.

Carrot Halwa

Ingredients

- 1 lb.Carrots peeled and thinly grated and sauteed in ghee
- Half and Half 1 pint
- Sugar to taste sugar
- 4 Cardamom pods ground
- Raisins handful

- **Cashew nuts handful**
- **Ghee**

Directions

1. Add a little ghee to a frying pan and heat to coat the pan. Roast cashew nuts until golden brown and add the raisins to the pan for a few seconds.Remove the cashews and raisins and keep aside.
2. Add the carrots to the pan and saute the carrots. Add Half and Half, and heat for about an hour. Add cardamom and starting with medium heat, stirring, and lowering the heat after the mixture starts boiling. Heat until almost dry.
3. Add sugar, mix, and continue to cook until the carrot halwa is semi dry.
4. Remove from stove and add cashews and raisins.

Sheera



Ingredients

- **1 cup semolina (or cream of wheat)**
- **1/4 cup sugar or more to taste**
- **1/2 cup ghee (clarified butter)**
  3 cups water 1/2 tsp.cardamom powder, chopped nuts (like cashewnuts and almonds) and raisins

Directions

Heat ghee (clarified butter) in a pan on medium level till it is hot. Add semolina. Stir well and fry on low heat for 7 minutes or till the semolina is lightly roasted. Keep aside
Mix the sugar, cardamom and water in a vessel. Bring to boil and keep on medium / low heat uncovered for 2 minute(s) stirring periodically.
Now add the water mixture. Stir well. Bring to boil and turn heat on low immediately. Keep on low heat, stirring periodically (after every minute), till the mixture is dry.
Sprinkle chopped nuts and raisins. Serve with a dollop of ice-cream.

Kahara Prasad

A variation of the above recipe - This prasad or temple offering is given in Sikh temples during the full moon day around October-November when Guru Nanak was born, and during Guru Parab, the birthday of Guru Gobind Singh. It is a day when they rededicate themselves to unity, brotherhood and equality among all human beings. After all this religion was created to bring hindus and muslims together.

Ingredients

- **5 cups rava or coarsely ground wheat flour or mixture of both**
- **5 cups ghee**
- **5 cups sugar**

Directions

Heat ghee and add the rava or the flour. Fry, stirring constantly, till each grain is brown. Add sugar little by little and continue cooking till ghee separates and the sugar is blended. No flavoring must be added. Serve hot

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Seviyan



Ingredients

- **6 nos. Dry dates**
- **1 tablespoon Raisins**
- **1 tablespoon Cashew nuts**
- **1 tablespoon Sunflower seeds**
- **1 tablespoon Blanched almonds**
- **1 tablespoon Blanched pistachio**
- **2 1/2 tablespoons Ghee**
- **1/4 cup Vermicelli**
- **4 cups Milk**
- **2 teaspoons Cardamom powder**
- **3 1/2 tablespoons Sugar**

Directions

**Soak the dates overnight. De-seed and chop into 4 pieces.
Heat ghee and sauté the raisins, cashewnuts, chironji seeds, almonds and pistachios for 2-3 minutes. Drain and mix with the chopped dry dates. Set aside.
In the same ghee, fry the vermicelli on a low flame for about 2 minutes, stirring continuously. Remove from heat and keep aside.
Boil the milk in a deep bottomed pan and add the vermicelli and sugar. Stir until the sugar dissolves. Cook uncovered on a low flame for about 10 minutes,stirring often.
Add the fried dry fruits and cardamom powder, cover and cook for 3 minutes.
Serve hot or cold in individual bowls.**

Kala Jamoon



Ingredients

- **350 gm. khoya**
- **200 gm. paneer**
- **65 gm. plain flour (1/8 cup)**
- **600 gm. sugar**
- **4 cups of water**
- **1/2 tsp. cardamom powder**
- **1 tbsp. milk if required**
- **ghee for deep frying**

Directions

Make 1 string syrup of sugar and water. Mash, grate or crumble khoya and paneer together. Add cardamom powder, flour and knead well till smooth. If too dry, add a little milk. Form a soft dough.

Make small balls out of the dough rolling lightly between the palms. The balls should be half the size of pingpong balls. Heat the ghee and cool for 3 minutes. Add some balls, and allow them to rise before putting back on heat. Fry on low heat, till dark from all over. Drain and dip into the syrup. Allow to soak till next batch is ready. Repeat till all the dough is exhausted. Drain and transfer to a serving dish.

Note: Take care not to fry on high flame for the jamoons will stay undone from the centre. If the jamoons are cracking, add some more milk. A little variation is bound since the khoya may not be uniform each time.

Benne Biscuit

Ingredients

- **Maida - 200 gms**
- **Butter or ghee - 100 gms**
- **Powdered sugar - 100 gms**
- **cardamom powder - 1/2 tsp**

- **nutmeg powder - 1/4 tsp**
- **Fresh thick curds - 1 tsp**
- **soda bi-carb - 1/4 tsp**
- **saffron powdered - 1/4 tsp (if you put few strands, that is enough)**
- **milk - 1 tsp (alternately u can dissolve strands of saffron in this milk and use it)**

Directions



1. Sieve the flour.
2. Cream the ghee/butter and sugar very well until they are creamy.
3. Add the spice powders and cream again.
4. Dissolve the saffron in milk.
5. To the creamed mixture, add curds, soda bi-carb, and prepared saffron milk mixture. Mix well.
6. Add the flour and knead well. form small rounds with the dough.
8. Arrange on a greased baking sheet and bake in oven at 300 F for 25-30 minutes.

Note: These biscuits are not thin. They are sort of thick rounds which are depressed a little bit. If you want, you can sprinkle with nuts on the top and bake them too. Baking temperature may have to be altered depending on how thick you've made the biscuits. Also, do not keep the baking sheet on the bottom most rack in the oven.

Spicy Coconut Custard (Vattalappam)

Serves 6

Ingredients

- **250 g/8 oz dark palm sugar (jaggery)**
- **6 eggs**
- **250 ml/8 fl oz/1 cup canned coconut milk**
- **375 ml/12 fl oz can evaporated milk**
- **1 teaspoon ground cardamom**
- **1 teaspoon freshly grated nutmeg**

- **1/4 teaspoon ground cloves**
- **2 tablespoons rose water or 1/4 teaspoon rose essence**

Directions

Chop palm sugar into small pieces and put into a small heavy saucepan with 200 ml (7 fl oz) water. Dissolve over low heat, allow to cool. Beat eggs until well mixed but not frothy, add palm sugar and coconut milk diluted with 125 ml (4 fl oz) water. Strain this mixture through a fine strainer into a large jug. Stir in evaporated milk, spices and rose water or essence.

Pour into individual custard cups placed in a baking dish. Add hot water to come half way up sides of cups and bake at 120 degrees C (260 degrees F) until set, about 1 1/4 hours. Cool and chill.

Note: Instead of individual servings, the custard may be cooked in one large dish, allowing extra baking time, but do not be tempted to raise heat to more than moderately slow, as this will cause the custard to curdle.

Besan Milk Burfi

Ingredients

- **2 cups - fresh finely grated coconut or any desiccated coconut or grinded coconut in mixie without water**
- **1 cup - besan**
- **3 cups - sugar**
- **1 cup - milk (raw or boiled cow milk) For Flavoring:**
- **1/2 cup - ghee**
- **1/4 tbsp - cardamom powder**
- **roasted cashew nuts in ghee (optional)**

Directions

In a heavybottomed vessel or Kadai, mix all the basic ingredients together and mix well with a spoon until they are evenly mixed.
Keep the vessel ongas on low heat and keep stirring continuously.
Sugar would start melting and the mixture will become little dilute.
Keep stirring for 10-15 minutes until the mixture leave the edges of the vessel.
At this point of time you can add ghee little by little and keep stirring the mixture and add the cardamom powder as well.
Ghee is just for the flavor and for the sweet to be bit soft.

The more you add, the more it becomes soft.
The mixture should be removed when it leaves the edges of the panand at the same time slight bubbles will appear in the mixture.
Emptythe contents to a greased plate with ghee, and spread it evenly flat with a flat spoon greased with ghee.
When it is slightly cold (not fully cold), cut into desired shapes.
All the cut pieces of the sweet can be removed when it is fully cold and transfer them to a closed container.

Honey Glazed Carrot

Ingredients

- **carrot - 8 to 10**
- **honey - 4 tsp**
- **cooking oil - 2 tbsp**
- **pepper powder to taste**
- **salt to taste**

Directions

Wash and peel off carrots.
Cut cubes of carrots in equal shapes.
Take Oil in a pan and fry carrots untill golden.
Add honey and fry again for 5-6 minutes in medium flame.
Add salt and pepper powder accordingly after frying.
Serve Chilled with tomato sauce

Indian Sauces

Curry Powder (Garam Masala)

Ingredients

- **1 - 2-inch long cinnamon stick**
- **2 T cumin seeds**
- **2 T ground coriander**
- **1 T cardamom pods, shelled**
- **1 t whole cloves**

- 1 T black pepper corns
- 1 t ground turmeric

Directions

Dry roast all of the spices in a heavy skillet over medium-high heat. The whole process should take about 10 minutes. Let cool. Transfer spices to a grinder and blend until smooth. Store in an airtight jar.

Bengali Garam Marsala

Ingredients

- 1 ts Ground cloves
- 1 ts Cumin seed; ground
- 3 ts Cardamom seed; ground
- 3 ts Ground cinnamon

Directions

Store mixture in a tightly sealed container.

Malabar Curry Powder

Ingredients

- 34 g Tamarind
- 44 g Onion
- 20 g Coriander
- 5 g Cayenne
- 3 g Turmeric
- 2 g Cumin
- 3 g Fenugreek
- 2 g Black pepper
- 2 g Mustard, powdered

Directions

Grind all ingredients together. Makes about a quarter pound.

Chile Mustard Relish
(Bengali Kasundi)

Yield: 1 Servings

Ingredients

- **5 oz Fresh hot red chiles**
- **1 tb Mustard seeds**
- **4 Garlic cloves, peeled**
- **1 sm Green mango, peeled, -shredded**
- **1 pn Salt, or to taste**

Directions

This relish from Bengal, an eastern region of India, is for those who like fiery flavors. Try it with tandoori dishes, kebabs and shellfish curries@es. It's great in sandwiches, too.
Combine all ingredients and blend smoothly. Cover and store up to 2 weeks in the refrigerator. Makes 1/2 cup.
PER TABLESPOON: 20 calories, 1 g protein, 5 g carbohydrate, 0 g fat,
0 mg cholesterol, 35 mg sodium, 1 g fiber.

Mango Chutney
(Corom Chatni)

Ingredients

- **1 med. slightly underripe mango**
- **1 fresh jalapeno, sliced into thin rings**
- **1 T finely chopped cilantro**
- **1 T salt**
- **1/8 t ground cayenne pepper**

Directions

Cut the flesh of the mango away from the large seed inside. Cut the mango into paper-thin slices. Place in bowl. Add the chile, coriander, salt, and cayenne, and toss

gently. Let the chutney marinate in the refrigerator for 1 or 2 hours before serving.

Mint And Coriander Chutney

Ingredients

- **1 bunch Coriander leaves**
- **1 bunch Mint leaves**
- **1 Green chili**
- **1 oz Seedless tamarind**
- **1 tsp Salt**
- **4 T Water**
- **1 medium Onion**

Directions

Wash and soak tamarind in water for 1/2 hour. Clean, pick and wash the coriander and mint. Separate pulp from the tamarind and squeeze out the pulp. Grind coriander, mint, green chili and onion into a fine paste. Add the tamarind pulp and salt. Blend well. In an airtight jar this can be refrigerated for up to one week.

Spiced Fruit Chutney

Ingredients

- **2 c Cider vinegar**
- **1 md Onion, finely chopped**
- **1/2 c Water**
- **1 tb Ground ginger**
- **2 ts Grated orange peel**
- **1 1/2 ts Salt**
- **1/2 ts Cinnamon**
- **1 Garlic clove, minced**
- **1/4 ts Dried red pepper flakes**
- **3 c Firmly packed golden brown -sugar**
- **2 sm Bartlett pears, cored and -diced**
- **1 lg Granny Smith apple, cored -and diced**
- **2 c Cranberries**
- **1/2 c Dried currants**

Directions

Combine first 9 ingredients in heavy medium sauce pan over medium- high heat. Bring to a boil, stirring frequently. Reduce heat to low and cook for 15 minutes, stirring occasionally.

Add sugar, pears, apple, cranberries and currants and stir until sugar dissolves. Cook until fruits are soft and liquid thickens slightly, stirring occasionally, about 1 hour. Cool to room temperature (chutney will thicken more as it cools). Cover and refrigerate. Bring to room temperature before serving.

Ambarella and Raisin Chutney

Ingredients

- **1 kg/2 lb half-ripe ambarellas**
- **250 g/8 oz sultanas (golden raisins)**
- **125 g/4 oz raisins**
- **1 tablespoon finely crushed garlic**
- **2 tablespoons finely grated fresh ginger**
- **750 ml/1 1/2 pints/3 cups white vinegar**
- **750 g/1 1/2 pounds/3 cups white sugar**
- **2 tablespoons/30 g/1 oz salt**
- **10 dried red chillies or fresh hot chillies**
- **5 whole cloves**
- **1 stick cinnamon**

Directions

Wash and slice the fruit, discarding seeds. Put into a non-aluminium, heavy based saucepan with all the remaining ingredients, first breaking off and discarding stems of chillies and shaking out the seeds. Bring to the boil, stirring, and cook over low heat until thick, about 1 1/2 hours. Use a heat diffuser if necessary to keep chutney from scorching at base of pan. Fill hot sterile jars and cover with non-metal lids.

Fresh Anchovy Relish

Serves 6

Ingredients

- **250 g/8 oz fresh small anchovies, about 5-8 cm/2-3 in size**

- 2 pieces dried gamboge or small knob dried tamarind or half a lime
- 3 tablespoons oil
- 1 large onion, finely chopped
- 2 teaspoons finely chopped garlic
- sprig of fresh curry leaves
- 2 teaspoons salt
- 2 teaspoons chilli powder

Directions

Wash the fish well, removing heads and intestines. Wash in several changes of water, adding gamboge, tamarind or lime to the washing water. Drain. Heat oil and add remaining ingredients. Fry for 5 minutes on high heat, then add anchovies, turn heat low and simmer for 10 minutes. Taste and adjust seasoning. Serve as a hot relish with rice.

Coconut Chutney
North Indian

Ingredients

- 3 tbsp. coconut, shredded
- 1 inch fresh ginger, chopped
- 1 fresh green chili
- 1/2 bunch cilantro with stems and root removed
- fresh lemon juice
- salt to taste

Directions

In a food processor or blender add all ingredients into a pesto like sauce.

Coconut Chutney (Thengai Thigayal)
South Indian

Ingredients

- 1 cup fresh coconut, shredded

- **1/2 cup Toor dal dry**
- **1/4 cup Urad dal dry**
- **1/4 cup Channa dal dry**
- **1/4 tsp.tamarind concentrate**
- **1/4 tsp. asafetida**
- **Whole red chilies as per taste upto 3**
- **Salt to taste**
- **2 tsp. cooking oil**

Directions

Dry roast toor dhal,chana dhal,urad dhal,red chilies and asafetida in cooking oil. Grind this mixture in water into a thick paste. Add coconut, tamarind and salt and grind it for a few more seconds until all the mixture blends into a smooth paste. Serve with steamed rice or can be served with dosa (rice pancakes).

Tamarind Chutney

Ingredients

- **1 cup cleaned tamarind**
- **1/2 cup dates deseeded**
- **1/4 cup sugar**
- **2 cups water**
- **1/2 tsp. red chili powder**
- **1/2 crushed cumin seeds**
- **1 tsp. salt**
- **3/4 cup jaggery**

Directions

Wash the tamarind clean.
Place the tamarind, jaggery, sugar, dates and water in a deep boiling pan.
Soak for a few minutes. Put to boil for about 7-8 minutes.
Cool to room temperature. Blend in a electric blender till smooth
Strain and transfer to the pan again. Boil till thick enough to coat the back of a spoon thinly.
Add the seasoning. Cool again. Store in clean airtight bottles and refrigerate.

Tomato Chutney

Ingredients

- **2 Tbsp. Ghee**
- **1/4 tsp. red chilies**
- **1 tsp. cumin seeds**
- **1 inch ginger minced or pounded in a mortar and pestle**
- **1 inch of cinnamon stick**
- **2 cups coarsely fresh ripe tomatoes**
- **3 Tbsp. jaggery or brown sugar**
- **Salt to taste**

Directions

Heat ghee in a large sauce pan over moderate heat. Add the cumin seeds and let sizzle and brown. Add red chilies, ginger and stir fry for a moment. Add the other ingredients. Cook on low for about 20 to 35 minutes. Serve with meals.

Cashew Nut Chutney

prep time 10 minutes makes a little over 1 cup

Ingredients

- **1 cup raw cashews bits or halves**
- **1/4 tsp. lemon juice**
- **1 teaspoon salt**
- **1/2-inch piece of peeled fresh ginger root,sliced**
- **1-2 hot green chilies, seeded and chopped up to 1/3 cups water**
- **2 tablespoons chopped fresh coriander**

Directions

Combine the cashews,lemon juice,salt ginger and chilies 1/4 of cup water in a food processor fitted with the metal blade, or a blender, and process until smooth, adding more water as necessary to produce a loose puree. Transfer to a bowl, add the fresh coriander, and serve or cover well and keep refrigerated for up to 3 days. Note: This chutney thickens as it sits. Thin it with water to the desired consistency.

Cilantro Chutney

Ingredients

- **1 bunch cilantro, fresh**
- **1 or 2 small green chili, fresh, remove seeds**
- **juice of one lime**
- **salt to taste**
- **1/2 teaspoon cumin seeds, roasted, ground**
- **1 pinch of black pepper**
- **1 tbsp. coriander powder**

Directions

Dry roast cumin seeds in a hot cast iron frying pan, until they turn brown. Grind into powder.
Put all the ingredients into the blender and puree into a paste.
Use as little water as necessary.